

PROMOTING RESILIENCE SKILLS IN TEENAGERS

**RESILIENCE
IN OUR
TEENS**

Parentshop
lifelong behaviour change

Resilience in Our Teens™ for Teachers & Teacher Aides

*PD points apply

HELP TO REDUCE ANXIETY AND BUILD RESILIENCE IN TEENAGERS

PROFESSIONAL LEARNING COURSE FOR SCHOOLS

WHAT'S INCLUDED:

- A note-taking manual for use at the webinar or face to face course.
- PL points for accreditation with your respective teacher associations.
- A certificate of completion for the workshop.
- Morning tea and lunch for face to face deliveries.

EXPECTED LEARNING OUTCOMES

- Greater understanding of the problem of increasing levels of anxiety in teenagers and some strategies for its treatment.
- To examine certain knowledge domains in relation to adolescence anxiety to better equip teachers and teacher aides to identify anxious behaviours.
- To orientate teachers and teacher aides towards playing a significant role in reducing anxious talk and anxious behaviour in teenagers.
- For teachers and teachers aides to learn several modest responses so that they can respond somewhat automatically to any instances of anxiousness in students.

LESSON FRAMEWORK

- Coverage of 3 key foundational concepts which relate to the treatment of adolescence anxiety.
- Usual and unusual definitions of a resilience mindset.
- Anxiety basics - ground-level understanding of how anxiety functions.
- The modest skills which can be applied to anxious thinking and anxious behaviour to help a teenager to develop more adaptive ways to cope with adversity.
- 4 key strategies teachers and teacher aides can use in the school environment.
- How to enlist systems and parents to positively influence teenagers anxiety.
- A curated list of additional resources for the management of adolescence anxiety in schools.

ABOUT

THE COURSE CREATOR **Michael Hawton, MAPS.**

Michael Hawton is a psychologist, trained teacher and author. He has worked as an expert witness in The Family Court of Australia and The NSW Children's Court. He is a highly experienced mediator and has developed several nationally recognised parenting, practitioner and teacher PL courses.

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