

Tough Conversations™ with Youth

*PD points apply

RESOLVING YOUNG PEOPLE'S BEHAVIOUR PROBLEMS FOR YOUTH WORKERS

PROFESSIONAL LEARNING COURSE

WHAT'S INCLUDED:

- Knowledge and procedures to introduce and implement Tough Conversations™ with Youth into a community environment
- A training manual containing course notes
- A certificate of completion

EXPECTED LEARNING OUTCOMES

- Reasonable expectations to hold about a teenager's ability to exert some self-control.
- What constitutes 'normal' versus 'abnormal' in the behaviour of teenagers.
- New understandings of adolescent brain development and its implications for having to intervene.
- How to communicate effectively and develop conflict resolution skills that can be used to manage tough conversations with teenagers that are regularly exhibiting difficult behaviour.
- Skills to hold tough conversations with teenagers about their poor behaviour.
- Coaching a teenager towards better behaviour for their own good, and for the benefit of others.
- Re-usable worksheets.

LESSON FRAMEWORK

- Why young people overreact.
- Self-control factors in young people.
- What are reasonable expectations to hold about adolescents?
- How 'frustration tolerance' develops in people.
- What to tolerate: how to sort what you let go and what needs your attention.
- New understandings of adolescence: social landscapes, brain snaps and body makeovers.
- What young people will do if you challenge them.
- A step-by-step process to address a problem.
- How to tame tigers – how you effectively deal with offensive behaviour.
- A video demonstration of the concepts applied to a tough conversation between a youth worker and a teenager.

Please note that this is not a train-the-trainer course and it is not designed for the subsequent on-training of other workers at your workplace.

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.

Call 1300 738 278 or email us at info@parentshop.com.au