

# Understanding the Adolescent Brain for Resilience and Motivation

## 1-day Professional Development course



Adolescence is the most significant period of change in the brain apart from the first year of life; it is not until the early 20s that the brain begins to look like that of an adult.

This 1-day training course provides an opportunity to understand adolescent brain development and its effect on behaviour. It includes ideas and strategies for school staff to maintain boundaries, motivation and support for young people in an emotionally healthy context. The day brings together the latest understanding from neuroscience and developmental psychology and the principles of the Nurturing Programme, one of the leading social and emotional education interventions in the UK.

There is a clear link between social and emotional learning and cognitive development (OECD report March 2015). Research shows that working with young people to support the critical tasks of achieving goals, working well with others, and managing emotions has a positive effect on cognitive development.

### Key topics:

- ✓ Emotional health for all – how feelings drive behaviour
- ✓ The science of teenage brain development
- ✓ A trainee adult – the adolescent developmental process
- ✓ Autonomy promotion - what do young people need from adults?
- ✓ Self-esteem, power and expectations
- ✓ Managing risk and promoting resilience

### Outcomes - staff will learn:

- ✓ The principles of emotional health
- ✓ Understanding adolescent brain development
- ✓ Strategies for building positive relationships with young people
- ✓ How to be authoritative
- ✓ Factors that promote resilience in young people

This one-day Professional Development course is available for school staff, youth support teams and other professionals working with young people.



### Training options:

#### £190 per person

Visit our [online training calendar](#) to see training dates around the country and book your place. Contact Jess for further details: [jessica.mcminn@familylinks.org.uk](mailto:jessica.mcminn@familylinks.org.uk) or 01865 401800

#### £2200 for a group of up to 20 people

To find out more or to book an in-house training course for your team contact Pip: [phillippa.collyer@familylinks.org.uk](mailto:phillippa.collyer@familylinks.org.uk) 01865 401800

Prices applicable to training courses delivered on the UK mainland.



[nurturingschoolsnetwork.org.uk](http://nurturingschoolsnetwork.org.uk)

[education@familylinks.org.uk](mailto:education@familylinks.org.uk)

01865 401800