

# Understanding Teenagers

## 1-day Professional Development course

Teenage behaviour can be challenging but can often be understood when seen as part of the developmental process. Adolescence is the most significant period of change in the brain apart from the first year of life; it is not until the early 20's that the brain begins to look like that of an adult.

This 1-day training course provides an opportunity to understand teenage brain development and the adolescent developmental process. It includes ideas and strategies for professionals working with teenagers and their parents to help them motivate and support 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.

### 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?
- ✓ Managing risk and promoting resilience

### Outcomes - staff will learn:

- ✓ The principles of emotional health
- ✓ An overview of teenage brain development
- ✓ The significance of parents and different parenting styles
- ✓ Autonomy promotion
- ✓ Factors that promote resilience in young people

This one-day Professional Development course is available for anyone working with parents of teenagers, or teenagers themselves.



### Training options:

#### **£190 per person**

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

Prices applicable to training courses delivered on the UK mainland.

[www.familylinks.org.uk](http://www.familylinks.org.uk) [training@familylinks.org.uk](mailto:training@familylinks.org.uk)

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