

# Mentoring Adolescents

This is a course for those who work with adolescents which includes teachers, case workers and volunteers.

## Course Aims:

Adolescence can be a difficult path for many young people as they attempt to find their own identity in an ever changing and challenging world. Based on recent research, this course updates participants' understanding and provides practical and creative ways that teachers and mentors can seamlessly integrate assistance to adolescents within their day- to- day roles.

The course focuses on practical application - participants will learn strategies aimed to help adolescents improve their mental wellbeing and build healthy self-esteem. Although this course aims to empower and up-skill the individual teacher, a number of simple and effective strategies and tools could be adopted by whole of school with a view to healthy self-esteem culture.

## We will discuss:

- How to assess what's going on for the adolescent while establishing an alliance with them.
- How we can roll with the student's resistance to engaging with us.
- Ways of working with adolescents who are depressed, angry, disengaged or emotional.

## Highlights will include:

- Understanding what happens in the adolescent and adult brain that makes changing some of our patterns difficult but not impossible.
- Ways that people enter change via the 'Change Triangle'.
- How to identify 10 Unhelpful Thinking Styles that appear in the language of young people and how to respond supportively.
- Gaining a deeper understanding of anger and learn 4 strategies that young people use to mismanage their anger that can keep them stuck in feelings of low self-worth.
- Learning fun psychological strategies that help us defuse from the unhelpful 'stories' that our minds create that cause us stress and unhappiness.
- Active listening skills and empathic responding. Experience through activities why these often neglected aspects of communication are vital to connecting with an adolescent.

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street

**When:** Monday 22 March 2021      **Time:** 9.30am – 4.30pm

**Cost:** \$220 per person – includes light lunch

**Bookings are required. Please phone 6164 0200 to enrol.**

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)