Looking to get your participation in the Mental Health & Wellbeing of Young People Learning Hub approved?

We’d love to have you involved in this education and we know you’re busy, so we’ve put together this template you can edit and send to your decision makers. We hope it helps!

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Hello [supervisor’s name],

This past weekend I came across *the Mental Health & Wellbeing of Young People learning Hub­ -* an online seminar that is on-demand until December 2020.  I would like to sign up and bring the strategies I learn to [organisation].

It would be a good professional development opportunity for me to take the lead on bringing research-based, practical information to the organisation to improve the quality and impact of our work.

Generation Next seminars have a great track record with the most recent seminar feedback showing an impressive 96% of participants indicating that it had fulfilled their learning needs; and 97% of participants indicating that the seminar would have a direct, long-term positive impact on the young people they work with.

This online, on-demand seminar offers a range of sessions that provide practical strategies for supporting the mental health and wellbeing of young people. The sessions are from leading experts in mental health and wellbeing.

As a member, I will receive exclusive access to a suite of 30 - 45 minute presentations on a range of topics; a subscription to the sessions for six months so I can revise, re-listen and pace the learning to suit my own needs; an accessible format that gives me freedom and flexibility to learn wherever I can take my digital device and participation certificates for each session I complete.

Below are some of the sessions I’m particularly interested in and their key takeaways:

* **Stress, Emotions and Learning** – *a* *look at the difference between emotions and feelings, what’s going on in the brain during good/bad stress, the resultant behavioural outcomes, and how to tackle each*
* **Four Steps to Emotional Intelligence** *- effective strategies for developing emotional intelligence (or EQ), to get the best from ourselves and from those around us.*
* **Anxiety Disorders in Children & Adolescents** *- case studies and techniques that can be used to help young people.*

After reviewing the speaker bios, I’d like to learn more from these people in particular:

* [Dr Jared Cooney Horvath](https://pd.generationnext.com.au/courses/stress-emotions-and-learning), Educational Neuroscientist, Science of Learning – *he has worked as a teacher, curriculum developer and brain researcher.*
* [Dr Chris Seton](https://pd.generationnext.com.au/courses/teen-sleep-problems-solutions), Paediatric and Adolescent Sleep Physician – *Australia’s first specialist sleep paediatrician*
* [Prof Jennie Hudson](https://pd.generationnext.com.au/courses/anxiety-in-young-people), Director of the Centre for Emotional Health, Macquarie University – *her work impacts the lives of families through the development of news ways of understanding and treating anxiety disorders*

Unlike traditional seminars and conferences there is no need for hotel or transport expenses! The only cost is $179 **including** GST for access. Generation Next also offers discounts for three or more memberships should any of the team be interested in participating. Furthermore, Generation Next is a charity so all the proceeds go back into funding initiatives to help communities to better support young people!

Thank you for your consideration and I hope we can discuss more this week!

Kind regards,

[your name]

Some of the sessions on offer\*

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| **Session** | **Approx mins** | **Speaker** | **Summary** |
| Harnessing Learning Strengths | 30 | Andrew Fuller, Child and Adolescent Clinical Psychologist | One of the most powerful ways we can build resilience is to have young people discover how to be successful learners. This presentation will outline Neuro-developmental differentiation as a way to help utilize learning strengths. |
| Stress, Emotions and Learning | 40 | Dr Jared Cooney Horvath, Educational Neuroscientist, Science of Learning Group | This presentation will look at the difference between emotions & feelings, what’s going on in the brain during good/bad stress, the resultant behavioural outcomes, and how to tackle each |
| Anxiety Disorders in Children & Adolescents | 45 | Dr Chris Wever, Child, Adolescent and Family Psychiatrist | Anxiety disorders are common in children and adolescents and are both underestimated and under treated. This presentation will outline different types of anxiety and provide case studies and techniques that can be used to help young people. |
| Fathers and Daughters | 30 | Madonna King, Journalist, Author, Chair of QLD Government’s Anti-cyber Bullying Taskforce | How do we stop a father-daughter relationship from fracturing around adolescence? This session outlines the views of 1300 Australian teen girls, 400 dads, along with dozens of school principals, psychologists, and parenting experts. |
| Four Steps to Emotional Intelligence | 30 | Dr Justin Coulson, Parenting Expert, Author | This presentation will provide participants with effective strategies for developing their emotional intelligence (or EQ), to get the best from themselves and from those around them. |
| A Detective Steps into the Predator’s Lair Disguised as a Child | 40 | Brett Lee, Internet Safe Education, Former Police Officer | This presentation will address online grooming methodology and the role carers, educators and other professionals can play to disrupt the grooming process at any stage and help young people stay safer online. |
| Managing Attention Span in the Age of Digital Distractions | 40 | Dr Kristy Goodwin, Digital Wellness Expert | Research-based practical strategies to help kids manage their attention without telling them they need to give up their devices. |
| Autism and Anxiety | 50 | Dr Michelle Garnett, Clinical Psychologist | This presentation will examine how anxiety presents behaviourally for a child or adolescent with ASD and provide practical strategies for assisting a young autistic person who has high anxiety. |
| Supporting Young People in Times of Uncertainty | 30 | Dr Claire Kelly, Manager of Research and Evaluation, MHFA Australia | How can we help young people stay hopeful through crises? This presentation will explore common responses to uncertainty and offer strategies to help to mitigate the negative impact of uncertainty on mental health. |
| Please Like Me?! Social Media and Mental Health | 30 | Dr Rachael Sharman, Senior Lecturer in Psychology, University of the Sunshine Coast | Social networking sites have a power that is unmatched in history to manipulate both positive and negative outcomes for young people. Gain an overview of the latest research and practical strategies for encouraging more positive outcomes. |
| Navigating Teen Mental Health | 50 | Ms Shai Mikus  Lived Experienced Volunteer Presenter, Black Dog Institute | This presentation will equip participants with the skills to recognise the signs and symptoms of Mental Illness in young people, identify ways to have a meaningful conversation if you are worried about a young person’s mental health and find best practice tools and resources to maintain a mentally healthy school environment |
| Evidence-based drug education: What can school communities do to prevent drug-related harms? | 60 | Dr Kylie Routledge, Deadly Futures project manager; Ms Tara Guckel, Positive Choices research assistant; Ms Felicity Duong, Positive Choices communications officer | This presentation discusses the role schools can play in drug and alcohol prevention and the importance of evidence-based prevention practices. We will also discuss the nationally funded portal, Positive Choices, which was established to help school communities’ access accurate, up to date, evidenced informed drug and alcohol information and prevention resources. |
| The Power of Empathy and Communication | 30 | Jonny Shannon, Mental Health Advocate, Tech Entrepreneur and Motivational Speaker | Practical ways that those working with young people can help them to develop robust emotional intelligence; more connected relationships; and self-awareness about their own emotional wellbeing. |
| Conversations We Should Be Having with Teens about Mental Health | 45 | Dr Claire Kelly, Manager of Research and Evaluation, MHFA Australia | Adults are often wary of discussing mental health with teenagers. This presentation offers practical and simple tools to encourage communication and improve mental health literacy. |
| Choosing Not to Hate | 30 | Matt X, Preventing Violent Extremism Consultant | Be uplifted and up-skilled in addressing bullying, violence and hate by using narratives and stories to help adjust hateful attitudes and empower young people to make positive choices. |
| Teen Sleep Problems and Solutions | 30 | Dr Chris Seton, Paediatric and Adolescent Sleep Physician | Teenagers place little value on sleep and are generally poor sleep managers. This session shows how to implement treatments that build resilient sleep, which in turn protects teens from stress induced mood disorders and optimises learning outcomes. |
| Green Space and the power of nature play for shaping the developing brain | 30 | Dr Rachael Sharman, Senior Lecturer in Psychology, University of the Sunshine Coast | This talk will focus on the evidence-base behind the importance of access to green space (or nature play) and how it is thought to improve the trajectory of the growing brain. |
| Practical Tips for Working with Autistic Children and Young People | 30 | Dr Emma Goodall, Autism Consultant | The interplay between strengths, interests and effective learning for autistic students will be explored in this presentation; and participants will learn how to plan, implement and assess interest-based learning. |
| Sexting - Just Rude Pictures? | 30 | Brett Lee, Internet Safe Education, Former Police Officer | Practical strategies for educating young people to reduce the instances of teen sexting and related issues will be covered, along with how to deal with illegal material generated as a result of this practice. |
| Understanding Anxiety in Young People | 40 | Prof Jennie Hudson, Director of the Centre for Emotional Health, Macquarie University | Anxiety disorders are the most common mental disorders and emerge the earliest. This presentation explores the development of anxiety, treatment options and how to best support young people. |
| A Developmental Approach to Nurturing Resilience in Young People with Disability | 45 | Dr Jane Tracy, Medical Practitioner, Director Centre for Developmental Disability Health, Monash University | This presentation will present some key strategies to optimise health, as well as a developmental model that informs the identification of practical, everyday strategies to support young people with different abilities develop resilience. |
| The Confident Minds Curriculum | 30 | Madhavi Nawana Parker, Social Emotional Development Specialist, Author, Counsellor | Confident thinking is essential for a young person’s resilience, connection with others and wellbeing. This presentation will outline social emotional literacy skills that underpin a confident mindset, as well as ways to teach them to young people. |
| Building a Mental Fitness Toolkit | 30 | Sarah Alderton, Classroom Teacher, Education Consultant, Founder, MindFit Co and The Selfie Project | Like physical fitness, mental fitness can be built and strengthened with practice. This presentation will provide fast acting, evidence-based mental fitness strategies to use in everyday life. |
| Educator Wellbeing Tools | 30 | Madhavi Nawana Parker, Social Emotional Development Specialist, Author, Counsellor | Educator wellbeing is crucial in the culture of all school communities. This presentation will provide practical, evidence-based tools to promote and support staff wellbeing. |
| Teaching Values of Being Human | 30 | Mark Le Messurier, Teacher, Author, Parenting Coach | Teamwork, resiliency and capacity to pull together are among the values of being human that we must teach young people. This presentation will focus on guided conversations and activities to coach SEL and ignite ‘emotional intelligence'. |

\* Subject to change without notice

Find out more at [generationnext.com.au](https://pd.generationnext.com.au/bundles/the-mental-health-wellbeing-of-young-people-learning-hub)