

the MENTAL HEALTH & WELLBEING *of* YOUNG PEOPLE

NOT-FOR-PROFIT ONLINE LEARNING HUB

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WHAT IS GENERATION NEXT?

A not-for-profit social enterprise providing education and information to protect and enhance the mental health of young people. Our objective is to raise community awareness of mental illness through increasing mental health literacy, reducing associated stigma

and positively influencing individual and community behaviour to improve the mental health of young people.



WHO SHOULD SIGN UP?

- Teachers, Principals, Student Welfare
- Psychologists, Counsellors, OT
- Nurses, Doctors
- Social Workers, Youth Workers
- Pastoral Care, Parents, Police
- Schools, Youth Organisations
- Clinics, Churches, Sporting Clubs
- Anyone who supports young people



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FEATURED SESSIONS

Tricky Kids and Anxiety



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

Often tricky kids become the movers and shakers of the future. How do we help them get there? This presentation will provide practical strategies for communicating with young people who are seen as 'difficult' as well as explore what might be underlying these behaviours and how a resilience mindset model may contribute to helping these kids thrive.

4 Steps to Emotional Intelligence



Dr Justin Coulson, Parenting Expert

Research shows that people perform or learn better when they feel secure in their relationships with others. And leaders and teachers who are emotionally intelligent can provide that security.

This presentation will provide participants with effective strategies for developing their emotional intelligence (or EQ), to get the best from themselves and others.

Teaching Values of Being Human — An Education of the Mind and the Heart



Mark Le Messurier, Author, Counsellor, Educator, Parenting Coach

We live in an uncertain world; political unrest, social injustices, global warming and climate change, food and water insecurity, the impending global threat of loneliness and more. This can make it hard for young people to stay optimistic. Yet, we want them to revel in the fact that they're uniquely human and are blessed to live on this fabulous blue planet. Yes, there are challenges ahead, but our challenge is to teach the exquisiteness of being human — our ingenuity, empathy, creativity, teamwork, resiliency and capacity to pull together. In this session, Mark's focus is on guided conversations and activities to coach 'Social and Emotional Literacy' and ignite 'emotional intelligence'.

Autism and Anxiety



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 managing anxiety, intense anger and challenging behaviours caused by experiencing a range of intense emotions.

The Current State of Play — Gaming and Young People



Jordan Foster, Clinical Psychologist, Cyber Safety Expert, Founder ySafe

This presentation will equip participants with an understanding of excessive gaming and 'Gaming Addiction' from a holistic child-centred perspective.

Practical strategies and advice for parents, school staff and health professionals will be provided. The clinical classification of gaming addiction will be explored along with effective treatment processes and intervention models and skills for overcoming resistance from young people, including strategies for communication.

Managing Attention in the Age of Digital Distraction



Dr Kristy Goodwin, Digital Wellness Expert

Banning technology isn't the solution. Instead, we need to teach our kids how to manage technology in healthy and helpful ways. In this session Dr Kristy will equip classroom teachers and health professionals with research-based practical strategies to help kids manage their attention (without telling them they need to give up their devices).

Green Space and the Power of Nature Play for Shaping the Developing Brain



Dr Rachael Sharman, Senior Lecturer in Psychology, University of the Sunshine Coast

Research demonstrates that by over-sanitising early play experiences, we have done our children more harm than good. In this session, participants will learn about the way in which the developing brain wires itself to the environment in which it finds itself, how access to play in green space improves physical and cognitive development and the importance of unstructured play with the full potential for both risk and reward in social emotional development.

Good Stress vs Bad Stress



Dr Jared Cooney Horvath, Educational Neuroscientist

What are the mechanisms of good and bad stress and how do we ride each in education? This presentation will look at the difference between emotions & feelings, what's going on in the brain during good/bad stress, the resultant behavioral outcomes, and how to tackle each.

PLUS MUCH MORE!



ESSENTIAL READING FOR ANYONE WORKING WITH YOUNG PEOPLE

- ✔ Addresses current, relevant and high priority issues
- ✔ Practical and easy to read with details on where to find unique additional resources, provided directly by some of Australia's most respected practitioners
- ✔ All proceeds go towards funding Generation Next not-for-profit initiatives

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