

the MENTAL HEALTH & N WELLBEING O of YOUNG PEOPLE G

Leading experts deliver up to date, authoritative information. A practically oriented, multi-disciplinary approach to common issues impacting the wellbeing of young people.

**ALL NEW
2015
PROGRAM**

AUCKLAND
Friday 28 August – 9.00am-5.00pm
Bruce Mason Centre, Takapuna Beach

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LECTURES • RAPID UPDATES • INTERACTIVE MUSIC • ENERGISER SESSION



Prof Freda Briggs AO
Emeritus Professor
Strategies for
Preventing and
Responding to Cases
of Child Sexual Abuse



Dr Justin Coulson
Author
Positive Psychology
Strategies to Reduce
Depression in
Adolescents



Dan Haesler
Writer, Teacher,
Consultant
Cultivating Self-
Esteem Rather
than Ego



Maggie Hamilton
Author and Researcher
What No One Tells
About Boys



Assoc Prof Michael Nagel
Teacher and Researcher
Technology and
Education – Is it Any
Better? What's the
Evidence?



Andrew Fuller
Psychologist
Willpower, Impulse
Control and
Success in Life

WHAT IS GENERATION NEXT?

A social enterprise dedicated to the protection and enhancement of the mental health and wellbeing of young people. Our seminars empower participants with the knowledge and skills needed to help our young people achieve their emotional, social, mental, and physical wellbeing.



INTERACTIVE MUSIC

“ Loved it and thoroughly enjoyed the day. I will be back next year! Thank you very much! ”

Discount registrations online www.generationnext.co.nz

PROGRAM

REGISTRATION FROM 8.00AM
SEMINAR: 9.00AM – 5.00PM
EACH LECTURE 30 – 40 MIN

TOPIC	SPEAKER
Can Changing Your Brain Change Your Life? Neuroplasticity and Success	Barbara Arrowsmith Young
Adolescent Brain Development	Judy Bailey
MORNING TEA & RESOURCES EXHIBITION	
What No One Tells about Boys	Maggie Hamilton
Willpower, Impulse Control and Success in Life	Andrew Fuller
LUNCH – OPTIONAL PERCUSSION WORKSHOP	
The Power of Presence – Interactive Music (Whole Audience)	Tim Orgias and InRhythm
Technology and Education – Is it Any Better? What's the Evidence?	Assoc Prof Michael Nagel
TBA. See generationnext.co.nz for updates	TBA. See generationnext.co.nz
AFTERNOON TEA & RESOURCES EXHIBITION	
Cultivating Self-Esteem Rather than Ego	Dan Haesler
Preventing and Responding to Child Sexual Abuse	Prof Freda Briggs AO
Positive Psychology Strategies to Reduce Depression in Adolescents	Dr Justin Coulson

For the most up to date program and a list of speakers, visit www.generationnext.co.nz

AUCKLAND 28 AUGUST 2015

WHO SHOULD ATTEND

- Teachers, Principals, Student Welfare Officers, Leaders
- Psychologists, Counsellors, Doctors, Nurses, OT
- Social & Youth Workers, Pastoral Care, Parents, Police
- Schools, Youth Organisations, Clinics, Churches, Sporting Clubs

EDUCATION POINTS

This seminar may contribute up to six hours towards your annual professional development requirements.

VENUE TRANSPORT & PARKING

Bruce Mason Centre, Corner Hurstmere Road & The Promenade, Takapuna Beach. 15 minutes' drive from Auckland's CBD and 35 minutes from Auckland International Airport. The closest car park is the Killarney St car park.

The Bruce Mason Centre is accessible by bus.

For information and timetables, phone MAXX on 09 366 6400 or visit www.maxx.co.nz

INTERACTIVE SESSIONS

THE POWER OF PRESENCE



Explore the power of the communion in presence through music and rhythm and its potential applications with young people. There will be a session for the whole audience and an optional lunchtime session involving percussion instruments.



REGISTRATION INCLUDES

Program, lecture notes and satchel, morning tea, lunch, afternoon tea, attendance certificate, access to stakeholders' and resources exhibition.



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Strategies for Preventing and Responding to Cases of Child Sexual Abuse



Prof Freda Briggs AO, Emeritus Professor in Child Development, University of South Australia

In this presentation, Freda highlights the scale of child sexual abuse, what is known about offenders, and strategies for prevention that can help children stay safe. She will also discuss the short and long term effects of abuse, how young children communicate trauma, as well as how to recognise and appropriately respond to cases of child sexual abuse.

Can Changing Your Brain Change Your Life? Neuroplasticity and Success



Barbara Arrowsmith Young, Author, Psychologist, Learning Disorders Expert, Director, Arrowsmith School and Program

Barbara will examine the social, educational, mental health and economic costs for students with specific learning disabilities and how a cognitive program that drives neuroplastic change can address these difficulties. She will discuss how different cognitive functions impact learning and academic skill acquisition and how cognitive exercise can be used to overcome specific learning difficulties and unlock student potential.

Technology and Education – Is it Any Better? What's the Evidence?



Assoc Prof Michael Nagel, Teacher and Researcher, University of Sunshine Coast

Technology has infiltrated all aspects of life and schools market themselves on having the latest 'i' something or laptops for all. Despite the positives, there is growing evidence that it may not be adding as much to our children's education as we would like to think. This presentation looks at the use of technology in schools with a focus on learning and the evidence suggesting that technology is not the panacea for improved pedagogy, higher achievement and scholastic success that it is often purported to be.

What No One Tells About Boys



Maggie Hamilton, Author and Social Researcher

As boys' issues around communication, underperformance, and related concerns intensify, how can we empower them and help them to be fully engaged in life? How do we balance the ongoing need to respect girls, with the lack of direction and silent emasculation many boys display? How do boys experience school, parental separation, drinking and drugs, and early sexual encounters? How helpful are the solutions offered by pop culture, and how can we plug the gaps?

Willpower, Impulse Control and Success in Life



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

The ability to exercise restraint and delay gratification is a powerful predictor of success in life. In this insightful presentation, Andrew will discuss strategies to develop willpower and impulse control in children and thus better position them to lead successful lives.

Positive Psychology Strategies to Reduce Depression in Adolescents



Dr Justin Coulson, Author

Have you ever had a rock in your shoe? Remember how it absorbed your focus and distracted you from everything happening around you? Depression can be like that. This highly interactive, engaging presentation examines how four easy-to-apply empirically validated positive psychology strategies can reduce depression in teens and help them (and the adults who care about them) lead fulfilling, happy lives.

Cultivating Self-Esteem Rather than Ego



Dan Haesler, Teacher, Writer, Consultant

In order to nurture self-esteem, today's kids are growing up being told that they are special and that everyone gets a prize. On the surface, this might not seem like such a bad thing, but somewhere along the way, we've lost perspective. Dan will dispel common happiness myths, and show us how to set our kids up for success – the right way.

Adolescent Brain Development



Judy Bailey, Writer and Broadcaster

The teen brain is often likened to a bright shiny Ferrari with no brakes. It operates on a different level and we now know that the pre-frontal cortex is not yet fully functioning at this time, explaining a lot of teen behaviour. This session explores the latest research in neuroscience about adolescent brain development and the changes affecting young people during this time.

Further Topic to be Advised

Speaker to be announced

For the latest updates to our program visit www.generationnext.co.nz



The Mental Health & Wellbeing of Young People 2015 Auckland

REGISTRATION FORM

FRIDAY 28 AUGUST

AUCKLAND	GROUP (3 or more)	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 3 July)	\$130pp	\$150	<input type="checkbox"/> \$160
EARLY BIRD (Until 31 July)	\$150pp	\$175	<input type="checkbox"/> \$185
STANDARD (After 31 July)	\$150pp	\$199	<input type="checkbox"/> \$220

Group (3+) discount — for bookings of 3 or more, payment must be made in a single transaction.

I am a ☐ Teacher ☐ Psychologist ☐ Counsellor ☐ Nurse ☐ Social Worker ☐ Parent ☐ Youth Worker ☐ Other _____

**denotes required information*

Dietary Choice ☐ Gluten Free ☐ Vegetarian ☐ Vegan

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