



# INCLUSIVE FUTURE

EDUCATION & SAFEGUARDING SOLUTIONS

## supporting adolescent wellbeing: a professional development series

### building resilience: identity, culture, & mental wellbeing

Explore resilience through the lens of identity in this interactive two-hour workshop. *Building Resilience* examines how our cultural patterns, personal biases, and perceptions of identity shape responses to stress and change. Through discussions and reflective activities, participants will uncover how these factors can serve as blockers or protective mechanisms in mental wellbeing. Learn practical strategies to foster a resilient mindset that honours both personal and community diversity, enhancing adaptability and wellbeing.

### me, my identity, my mental health

In this three-hour interactive workshop we dive into the unique pressures and developmental challenges that youth face today, including the complex journey of identity exploration, navigating expectations, and setting personal boundaries. Using evidence-based research, we'll uncover the physiological and psychological shifts characteristic of this age group and discuss strategies for creating supportive environments. This workshop equips participants with essential insights and tools to understand and effectively respond to the needs of young people as they grow into resilient, self-aware individuals.

### adolescent mental health: understanding and supporting youth in today's world

This three-hour interactive, evidence-based workshop equips participants with a deep understanding of adolescent mental health and development. Key topics include adolescent development, mental health challenges, and mental illnesses, covering depression, anxiety, identity exploration, suicide, NSSI, substance misuse, and social media's impact. Through engaging discussions and activities, participants will gain insights into the factors influencing adolescents today, along with practical strategies to recognise signs of struggle and better support youth well-being and resilience.

### need something else?

If there is a specific topic you would like covered, reach out for a free consultation. We can tailor our workshops to meet the unique needs of your school or youth organisation, creating sessions that resonate with and support your community.