

working with young people

professional development series

We are pleased to announce that YouthTrain and PKF Organisation Development (PKF-OD) are collaborating to offer a series of monthly professional development workshops for professionals working with young people. PKF-OD is internationally recognised Adelaide based consulting firm made up of highly skilled and experienced organisational psychologists. These practical and insightful workshops are specially designed to address common issues and provide important information to up-skill professionals in our industry. All sessions are presented from a psychological perspective by skilled consultants. Don't miss out, limited places are available! These workshops are available at a discounted rate of \$38 per session or \$220 for all 8 sessions, price including refreshments and handouts*.

Coaching and Mentoring Young People – Thursday 16th September, 5:30 – 7:00pm

Within Australia, coaching and mentoring are now key elements within national and local strategies for working with young people. Participants will learn about the difference between coaching and mentoring and will explore the processes and tools for coaching and mentoring young people. Participants will also discover ways to enhance the key 'micro skills' needed to coach and mentor young people effectively including:

- Building rapport.
- Effective communication.
- Giving and receiving feedback.
- Negotiation skills.

Sleep Health for Adolescents and Young Adults – Tuesday 21st September, 5:30 – 7:00pm

This session is designed to demystify the myths about sleep, and explore the world of sleep health for adolescents and young adults, including:

- What is 'normal' sleep?
- How does sleep change with age?
- What are some factors that affect sleep in young people?
- How can sleep be improved without the use of prescription medication?
- How to maintain a healthy sleep pattern in young people.

Emotional Intelligence and Young Learners ***Tuesday 12th October, 5:30 – 7:00pm***

Widely popularised in the media and in psychology and teaching literature, the importance of emotional intelligence has now increasingly been recognised in school, in work and in life. This session is designed to build your understanding of EI by:

- Exploring the concept of EI and its usefulness.
- Assessing your own emotional intelligence.
- Gaining a clear practical guide for promoting emotional intelligence and resilience in young people.

Understanding Personalities - How People 'Tick' – ***Thursday 21st October, 5:30 – 7:00pm***

Enhancing self-awareness is said to be one of the most powerful developmental processes. In order to spark discussion and reflection 'about self', staff from PKF will facilitate an entertaining and lively workshop based on a measure of personality called the Myers Briggs Type Indicator (MBTI).

The workshop is designed to enable participants to:

- Gain a greater insight into themselves, and
- Gain some understanding of others and the potential 'cocktail' of personalities they work with and around.

The use of the MBTI provides participants with an understanding of their personality type and the strengths and weaknesses that influence their interactions with the young people they work with.

Strategies for Engaging and Motivation Young Learners – ***Tuesday 26th October, 5:30 – 7:00pm***



Many people who work with young learners want to move past traditionalist 'passive' style to more active learning, to find better ways of engaging young people in the learning process. This session is designed to help participants build their skills in the area of engaging and motivating young people. We also answer the hard question – how do we deal with 'disengaged' learners?

Memory and Learning in Young People - Tuesday 2nd November, 5:30 – 7:00pm

Beginning before birth and continuing through life, the brain continues to expand, adapt, and learn. In this session, participants will learn about how information is processed and retained for future use, and will participate in activities to illustrate ideas. Participants will also:

- Explore ideas for helping young learners to improve their ability to recall information.
- Discover ways to target a range of learning styles through your teaching and guidance approach.
- Learn new ways to help students make their study time more effective and useful.
- Explore the myths and truths about memory and learning.

Effective Presentation Skills - Getting and Keeping their Attention – Tuesday 9th November, 5:30 – 7:00pm

This session is designed to help presenters communicate effectively with today's toughest audience – young learners! In this session, participants will explore:

- Tips for planning your presentations.
- A different approach for getting your message across.
- Tools and techniques for grabbing attention and keeping it.
- Dealing with difficult situations effectively.

Stress and Coping – How to Recognise and Support Young People Tuesday 16th November, 5:30 – 7:00pm

Managing the daily pressures and the inevitable peaks and troughs associated with being a young person is a substantial challenge. This insightful and empowering session is designed to assist individuals who work with young people in any context to understand the issues surrounding stress and coping and be in a better position to support others.

about the organisations



YouthTrain is the training and development arm of YouthJET a community based not-for-profit and the peak body for youth careers in South Australia. YouthJET runs two free youth career centres in South Australia, youth refugee programs, advocacy, research and career assistance to young people, schools and parents. YouthTrain's aim is to provide training and development opportunities to young people and those who work with young people. It does this by running professional development, accredited and short course training at a cost recover basis. For more information visit our website at www.youthjet.com.au



PKF Organisation Development is a member firm of the larger PKF International Group. Based on the practical application of Organisational Psychology, our aim is to work closely with clients to develop individuals, teams, divisions and organisations.

The value-added services we offer include:

- Organisation Review & Development
- Career and Vocational Guidance
- Targeted Training
- Psychological Appraisal
- Program Review
- Organisation and Customer Surveys
- Manager & Staff Development
- Team Development
- Strategic & Business Planning
- Consumer Psychology
- Organisation Research
- Workshop Facilitation

The core discipline of PKF Organisation Development is Organisational Psychology and our approach to the development of individuals and your organisation reflects our genuinely unique blend of our qualifications and consulting expertise gained throughout Australia and Asia.

As psychologists, all of our consultants have been educated in the principles of adult learning, and combined with our years of experience in training delivery this gives us a thorough understanding of training via adult learning methodologies. As a result, PKF Organisation Development ensures that all of our training material focuses on "real world" problems and links back to the specific work environment and responsibilities of the participants in their roles. We aim to emphasize how concepts and ideas can be applied, and relate learning back to participants' experience, as well as their personal and professional goals.

about the Facilitators

Alice Staniford MPsych(Work and Organisational), BPsych(Hons), Cert IV TAA
Consultant, PKF Organisation Development
Member of The Australian Psychological Society and
Member of The College of Organisational Psychologists

experience

Alice is a Consultant with PKF Organisation Development, a member firm of PKF International. Her background is in the field of organisational psychology, and she has consulted to a variety of organisations in both the public and private sector, including several in the 'non-profit' and education sectors.

Alice has designed, developed and delivered a range of targeted training and facilitation solutions for clients including a number of schools, universities, retail firms, government organisations, and professional service firms. She is experienced in working with young people through providing life and study skills workshops as well as career and subject guidance support for secondary schools (both public and private) around Adelaide.

Hayley Lokan MPsych(Organisational & Human Factors), BPsych(Hons)
Consultant, PKF Organisation Development
Member of The Australian Psychological Society
Member of The College of Organisational Psychologists.

experience

Hayley is a consultant with PKF Organisation Development, a member firm of PKF International. She has been consulting for a number of years, and her experience comes from her background in organisational psychology and a combination of recruitment and human resources work.

Hayley has been involved in several training and facilitation projects in both the public and private sectors, including the education sector, and has extensive experience in learning and development. Recently, Hayley has been involved in designing and delivering training to 'entry level' and experienced staff in a professional services firm in a series of co-ordinated workshops, as well as training with secondary school Psychology students.