

GUIDING PATHWAYS
STRATEGIES
NAVIGATING THE TEENAGE YEARS

2023 SYMPOSIUM



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Kia ora tātou.

Welcome to the GPS: Guiding Pathways & Strategies Symposium 2023:
Navigating the Teen Years.

*Whaiwhia te kete mātauranga.
Fill the basket of knowledge.*

St Hilda's Collegiate School is thrilled to present this event which we hope will inspire, inform and educate our guests to help guide our young people into happy, healthy and successful futures.

We are joined by an array of experts, specialists and academics who will share their knowledge, their stories, their research and their passion for their subject areas with us. They will share practical tips and advice that we can apply to raising or educating the rangatahi in our lives, and they will challenge us to think differently and to be open to new ways of doing things.

We hope this starts a kōrero amongst our all of our attendees, as there is so much we can learn from each other.

Please enjoy this opportunity to fill your kete with information, advice and fellowship. We welcome you to St Hilda's Collegiate School and hope you enjoy the Symposium.



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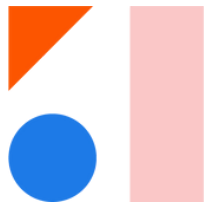
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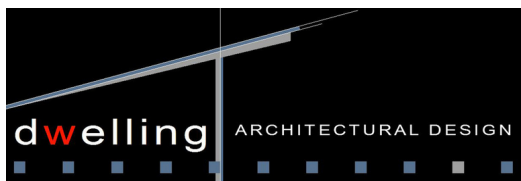
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PROGRAMME

Welcome: 9:30am Chapel	Welcome Keynote speaker: Katherine Rich				
10:30am-11am	Break				
Session 1: 11am- 12pm	Caroline Black	Bex Twemlow	Dee Copland	Ange Rathbone	Carrie Hobson (via Zoom)
Lunch: 12pm- 12:45pm					
Session 2: 1pm-2pm	Dr Melanie Beres	Dr Marc Wilson	Emma Wright	Dr Olivia Harrison	Dr Gillian Townsley
Session 3: 2pm- 3pm	Anna Baker	Carmel Leslie	Marcelle Nader- Turner	Kim Gotlieb	
Break: 3pm-3:30pm					
Panel discussion 3:30pm-4:30pm Chapel					





FRIDAY 7PM: KEYNOTE SPEAKER: STACEY MORRISON

KEYNOTE: Cultural Shift and Healing from Our Generation to Our Kids.

Stacey Morrison (Ngāi Tahu, Te Arawa and Pākehā) is a well-known television and radio broadcaster whose career has spanned over 25 years. She is an advocate and educator of Te Rēo and has co-written several language learning books, having become fluent in the language as an adult. Stacey is an active promoter of Māori culture, health and wellbeing.



SATURDAY 10AM: KEYNOTE SPEAKER: KATHERINE RICH

KEYNOTE: Fall down seven times, get up eight. Personal reflections on parenting under pressure and helping teens navigate "the tunnel" to adulthood. Five strategies that worked for our family, plus a few that didn't.

Katherine is a St Hilda's Old Girl (1981 - 1985). She was a Member of Parliament 1999 – 2008 and is a former CEO of the New Zealand Food & Grocery Council. She is currently Chair of the New Zealand Parliamentary Education Trust, a Board member of New Zealand children's charity Barnardos and a business columnist for Stuff Media. She is married to Andrew and together they have four children.



ANNA BAKER

Anna is a thought leader & children's specialist whose life work has been dedicated to ensuring children with a diverse range of needs are understood and their voices are heard. Her company reThink Children's Therapy is founded on the belief that adults should stop and reconsider the needs of the child. Kia aro anō ki te tamaiti.

Anna studied at the Otago School of Occupational Therapy graduating with a Bachelor of Occupational Therapy in 2002, later completing a postgraduate certificate in Occupational Therapy and a Certificate in Specific Learning Disabilities.

As Managing Director of reThink Children's Therapy, Anna leads a multidisciplinary team providing assessment and intervention for tamariki & rangatahi with a diverse range of needs.

Clinically, Anna works with tamariki & rangatahi experiencing neurodevelopmental disorders & neurodiversity, including some of New Zealand's most complex young people. She is skilled in helping young people understand themselves, and an expert in identifying tools and strategies that enable all young people to succeed.

SEMINAR: UNDERSTAND ME, SUPPORT MY UNIQUE NEEDS

In this seminar Anna will present neurodiversity as a spectrum of differences, each with their own challenges. She will unpack how neurodiverse learners, including those with dyslexia, dyspraxia, dyscalculia and dysgraphia, think, learn and process information differently from their neurotypical peers. Drawing on current research, over 20 years of clinical experience, and the day to day realities of parenting neurodivergent teens, Anna will share tools and strategies you and your young people can implement so they are better supported and more confident in learning and life.





MELANIE BERES

Dr. Melanie Beres, Associate Professor Sociology, Gender Studies and Criminology.

Associate Professor Melanie Beres teaches and researches in sociology and gender studies at the University of Otago and is the founding academic leader of the university's sexual violence support and prevention centre. Her programme of research focuses on young people and sexual consent, sexual violence prevention and institutional responses to sexual violence. She sits on the board of Rape Prevention Education and on the Advisory for the New Zealand Family Violence Clearinghouse. When not at work she enjoys tending her garden and hiking all the great trails around Ōtepoti.

SEMINAR: CRITICAL CONVERSATIONS - YOUNG PEOPLE, SEX & RELATIONSHIPS

Young people today are navigating an increasingly complex sexual world. In this seminar I will discuss some emerging trends in young people and their sexuality; including the increased acceptance of "rough sex". I will also discuss benefits and pitfalls of consent education and present some practical tips and resources on how to support teens through this complex terrain.





CAROLINE BLACK

Caroline Black is an experienced educator and wellbeing advocate and is currently the Director of Wellbeing Education at Christ's College. She is also the co-founder and director of Grow Daily, a wellbeing collective that aims to empower individuals and groups to cultivate intentional habits and practices for optimal growth and wellbeing. With over 20 years of experience in educating across co-ed and single sex schools, Caroline has developed a deep understanding of the challenges and opportunities in promoting wellbeing among students, teachers, whānau, and communities. She has completed a Diploma in Positive Psychology and Wellbeing and is a certified facilitator of the Tuning Into Teens™ parenting programme.

As a developer of Wellbeing Education curriculum programmes, Caroline has demonstrated her commitment to enhancing the quality and accessibility of Wellbeing Education. Her programmes are designed to be engaging, practical, and inclusive, drawing from the latest research in Positive Psychology, Neuroscience, and Education.

In April 2023, Caroline served as the convenor and a speaker at the Whole-School Wellbeing Conference, a national event that brought together educators, leaders, and practitioners to share insights and best practices on promoting wellbeing in schools and communities.

Caroline is also a devoted mother of two teens, avid reader and coffee connoisseur!

SEMINAR: STRENGTHENING THE BOND - NURTURING THE PARENT-TEEN RELATIONSHIP THROUGH COMMUNICATION AND CONNECTION

Parents and educators will gain practical guidance to foster healthy and supportive relationships with teens. Focusing on effective communication, empathetic listening and understanding the unique developmental changes that occur during adolescence, attendees will walk away with actionable strategies to build stronger and fulfilling connections with their teens.





DEE COPLAND

Deanna (Dee) Copland (BHSc., Nat.) is a Naturopath and Nutritionist with 20 years' experience working with clients one on one. She has special interests in stress management, hormones, pregnancy and children's health. Her focus is on getting to the root cause of health ailments and supporting the body through dietary and lifestyle recommendations for optimal health and longevity.

SEMINAR: TEEN NUTRITION

Dee will be presenting about Teen Nutrition – covering specific foods and nutrients that will not only support brain development and learning but sustain energy levels, support skin health and hormones.

She will discuss how we can navigate this critical growth period to get the most specific nutrients for brain development, learning and emotional wellbeing. Dee will explain some of the functions of hormones and how these impact the way teens think, act and feel.





KIM GOTLIEB

Kim Gotlieb NZDB, NZDTARM, BAM
Waitaha, Kāti Mamoe, Kāi Tahu
Tūturu Lead, Whakaata Tohu Tohu/Mirror Services, Ōtepoti

Kim has been employed at Mirror Services for 11 years, and in the last 7 of those, worked successfully alongside schools in Otago developing a whole school approach to wellbeing. Kim's passion lies in the innovation space, empowering taiohi, schools and hāpori to make systems-wide changes to support their wellbeing.

Since 2016, this has encompassed Tūturu, comprising flexible and targeted approaches for schools and hāpori in relation to alcohol and other drugs and wellbeing. Kim works responsively to best meet the needs of the community, building connections between schools, other service providers and educators to strengthen communities of support around schools.

SEMINAR: THE INTERSECTION OF ALCOHOL AND OTHER DRUGS, EDUCATION AND WHĀNAU

Kim will discuss the current alcohol and other drug environment in Aotearoa, looking at the impact of the War on Drugs and the influence of the media on our perception of alcohol and other drugs. Kim then discusses the advertising of alcohol, particularly in social media and the impact of alcohol sports sponsorship on consumption. She then explores the roles of education and whānau in countering these messages and the role we all have to play in reducing the harms to our young people from substances.





DR OLIVIA HARRISON

Dr Olivia Harrison is a Rutherford Discovery Research Fellow and Senior Lecturer at the University of Otago, New Zealand. Dr Harrison completed a double degree in Neuroscience and Exercise Physiology at Otago, before moving to the University of Oxford to study her DPhil in Clinical Neuroscience. She then completed a Marie Skłodowska-Curie Postdoctoral Fellowship in Switzerland, before moving to the Department of Psychology at Otago in 2021.

Dr Harrison's research focusses on the brain's perception of breathing. Her work has considered these perceptions across a wide range of populations, from healthy volunteers, endurance athletes, those with lung conditions such as asthma and chronic lung disease, and more recently within the field of mental health and anxiety. Dr Harrison uses tasks that measure how someone is able to perceive and learn about their breathing, alongside brain scanning to investigate how this neurocircuitry may be altered under different physiological and psychological conditions.

SEMINAR: BREATHING AND ANXIETY: THE MISCOMMUNICATION BETWEEN BRAIN AND BODY

Dr Harrison will speak about her recent research findings on how the communication between brain and body may be altered with different levels of anxiety, and what this may mean for how we can help manage worry in ourselves and others.





CARRIE HOBSON

Carrie Hobson is a founding partner of Hobson Leavy Limited, a retained executive search firm based in Auckland. She co-founded Hobson Leavy over 17 years ago, with a focus on executive level appointments at the highest level across all sectors in New Zealand. Carrie has over 25 year's corporate experience, initially in banking and finance and latterly in executive search. She has held senior positions in corporate banking with major banks in both New Zealand and the United States.

Carrie is a proud alumni of Otago University with an Honours Degree in Economics. She is an approved Certified Finance and Investment Professional and a Member of the Institute of Directors and Global Women. Carrie has also completed the Advanced Course in Executive Search from Cornell University in New York. Throughout her career, Carrie has worked closely with not-for-profit organisations at a strategic level and was previously the Chief Executive of the St Joseph's Mercy Hospice Foundation. She has been a member of the National Heart Foundation Leadership Team that established the Chair in Heart Health at the University of Auckland. She currently serves on the Board of the King's College Foundation and on the Foundation of Otago University. Carrie is proud of her heritage, in particular her iwi Ngāi Tahu. Most importantly she is a devoted mother to George, Harry and Emelia and husband to Malcolm.

SEMINAR: FUTURE EMPLOYMENT - SUPPORTING YOUNG PEOPLE IN THEIR CAREER AND INTO THE WORKFORCE

A recent survey showed that people spend more time on planning their family holiday than helping their children plan their careers or indeed on planning their own career path! Come and listen to a lively presentation from New Zealand's leading female executive search partner, Carrie Hobson, on the future of work, the importance of identifying your strengths, values, aspirations and identifying ways to craft your dream career. Carrie will draw on insights from 20 years working with executives and boards to achieve the best outcomes for organisations and the leaders that drive them.





CARMEL LESLIE

Carmel is the current Program Manager at the Otago Academy of Sport, a position she has held since January 2019. This role entails providing athlete life, health and wellbeing support, as well as sport science support for developing Otago athletes, encouraging and educating them to achieve personal excellence in their chosen sport(s). She also runs the Elite Motorsport Academy which involves eight of the best young drivers in the country who attend a week-long camp in Dunedin, then embark on a year-long graduate program.

Carmel has worked in sport in many different capacities over my working life, from sport development, coaching, running a sports club, athlete/coach mentoring, personal training and instructing at Les Mills. She had some time out of sport working as a stunt woman on Xena and Hercules and other short films before heading overseas. Carmel is a former NZ gymnast, competing at many international events through her elite years including 2x Senior World Games, 1990 Commonwealth Games and Pacific Alliance competitions.

Carmel has been made a Champion for the Balance is Better movement and is also on the Gymnastics New Zealand Steering Committee. Gymnastics as a sport is leading the way in many aspects concerning child safe-guarding. Carmel is a Gymnastics NZ selector for the Commonwealth Games and Olympics.

SEMINAR: THE IMPORTANCE OF CREATING A HOLISTIC TALENT DEVELOPMENT ENVIRONMENT

Discussing the topic of youth sport development and how parents can best aid their children and others in their sporting development. The ultimate goal should be to make sure all youth sport participants are inspired to stay in sport for life, through positive experiences led by suitably trained coaches who understand a holistic philosophy in talent development. Most importantly, to ensure their sporting experiences are skill focussed, are fun and provide enjoyment, which leads to longevity in sport and exercise.





MARCELLE NADER-TURNER

Marcelle is a doctoral candidate and works as a counsellor and neuropsychotherapist at a girls' school, dedicated to supporting young women in having agency over their lives. With a background in teaching and as a mother of two daughters, Marcelle has a deep understanding of the challenges that girls face in and out of the classroom. Her passion for amplifying the voices of girls and women, where they are often silenced, has been the driving force behind her interest and work in the field of social justice.

One of the key areas that Marcelle has focused on is the influence of pornography on young women's experience of sex. Pornography has redefined what constitutes sex, which has had significant consequences for young women, how society perceives women and sex in general, and enormous implications for young men's expectations of young women and sex. Marcelle's work in this area has led her to speak at a number of conferences in Aotearoa and Australia, as well as write for numerous magazines and publications.

Driven by compassion and a strong commitment to social justice, Marcelle's hope is that all schools will work together to provide high quality education for young people about this critical issue.

SEMINAR: "THEY WANT TO TRAIN YOU UP TO BE A PORN STAR" - WHEN SEX MEANS YOU'RE NOT AFRAID OF DOING ANYTHING

This workshop will cover the issues young heterosexual women currently face navigating the social and sexual world, where sex and what counts as sex, has changed. Marcelle will share what young women have told her the issues are, what they are doing about it and what they want us, the adults in their lives, to know.





ANGE RATHBONE

Ange is passionate about two things:

- 1) Young people's well-being and actively engaging with young people and their families to empower them to build their kete of wellbeing tools and strategies.
- 2) Growing a courageous culture in the workplace where the value is placed on relationships and the integrity of people. Courage culture gives us the processes and the skills to communicate effectively.

Ange completed her postgraduate diploma in Guidance and Counselling at the end of 2021, completed the systematic practice and family therapy training program in 2022, and is currently working towards her Masters in Counselling. As an organisational practitioner leading others, Ange facilitates brave leadership by building a courageous culture within the workplace. Brene Brown's work inspires this style of leadership. Completing the 'Dare to Lead' course has further embedded the fundamentals of courage culture as best practice within organisations. As a speaker, Ange has presented extensively to a range of audiences. Recent topics include: Wellbeing Issues & Education, Parenting Strategies, and Workplace Courage Culture.

Ange is currently the Director of Boarding at St Hilda's Boarding Residence, Tolcarne.

SEMINAR: A REAL-LIFE STORY OF BUILDING A COURAGEOUS WORKPLACE CULTURE

Tolcarne Boarding Residence has been actively working towards embedding a brave culture within our workplace for the last five years. We can tell you about how it has worked, what we did well and what we could've done better. A courageous culture is useful for workplaces, families and any community group. Learning the skills to grow a 'brave culture' and having the confidence to practice these skills enables people to work together more effectively, with integrity and clear values, and a deep trust in the process and the people.

Tolcarne Boarding Residence is the proud recipient of the 2022 Business-South Business Integrity Award.





DR GILLIAN TOWNSLEY

Dr Gillian Townsley is the Chaplain at St Hilda's Collegiate School and also teaches Religious Education and Economics. She has a PhD in gender and sexuality issues in the New Testament and has a keen interest in the way these have shaped current debates and attitudes. She is also passionate about the vital dimension of spiritual well-being for all people, whatever their faith journey.

SEMINAR: 'THERE'S A HOLE IN MY WELL-BEING' - TAHA WAIRUA: WHAT'S MISSING CAN MAKE US WHOLE AGAIN.

Spiritual well-being is something that can easily be overlooked in a secular Western model of health. Yet research clearly shows how a healthy connection to one's faith community, or the spiritual dimension of life, can be foundational to overall well-being. This seminar will explore this vital aspect of well-being from a variety of perspectives, including acknowledging the model of Te Whare Tapa Whā which is at the core of the Hau Ora Māori concept of well-being.





BEX TWEMLLOW

Bex Twemlow is a Mum and the Managing Director of Firebrand. She holds many passions and at the heart of all are people of all walks of life and technology - bringing them together to achieve social and community change. Bex has been a founder and collaborator of a long list of initiatives, businesses and product developments, especially digital transformations, including founder of Firebrand, founder of Hail, CMO for GetHomeSafe, lead programme strategist for Youth Employment Success and founder of the Covid-19 “Dunedin Store” initiative. A fiercely passionate supporter of those in need, Bex is proud of the contribution Firebrand and she personally make by giving back to the whole community – with Youth at the forefront.

Bex has been active in governance roles including past roles as the Vice President of the Otago Chamber of Commerce for 6 years, Director for the newly formed merger of the Chamber and OSEA: Business South, where she assisted in shaping the strategic direction of our region to ensure sustainability and relevance. Rewarded recently with her work on that transformational project she was proudly made the first female Life Member. She is a supportive business mentor and is a key coach in early-stage business discovery, coaching young entrepreneurs through strategy, business and product development.

SEMINAR: NAVIGATING THE DIGITAL TERRAIN: ONLINE SAFETY, CYBERBULLYING, AND OUR DIGITAL FOOTPRINTS.

In today's increasingly interconnected world, it is crucial for our young people to be aware of the potential risks and responsibilities associated with their online presence and behaviour. An informative and engaging talk will explore the importance of online safety, the dangers of cyberbullying, and the lasting impact of our digital footprints. Attendees will be equipped with the knowledge and tools needed to support their young people to navigate the digital world safely and responsibly. They will also gain a deeper understanding of the importance of fostering and demonstrating a positive online environment for all, as well as how to mitigate and address potential threats.





DR MARC WILSON

Marc Wilson, PhD, is a professor of psychology at Te Herenga Waka Victoria University of Wellington. Marc describes himself as “intellectually indigenous” to Victoria, having completed all of his study there and then securing a permanent academic position. He teaches and researches in the areas of social and political psychology, and adolescent mental health, particularly adolescent self-harm and suicide. He is a National Teaching Excellence Award winner, and Principal Fellow of the UK Higher Education Academy. He has written a weekly psychology-themed column in the New Zealand Listener since 2012.

SEMINAR: WHO'D BE A YOUNG PERSON? PERFECTIONISM, BODY IMAGE AND SELF-HARM.

Before we freak out about "self-harm" in the title, it is much more common than many people think - our research showed that, in 2009, around half of our young people have hurt themselves, without any suicidal intent, by the time they leave school. I'm going to talk about what we now know about why young people hurt themselves, focusing particularly on the role of emotions, perfectionism, and how young people think about their bodies. There'll be a chance for you to ask and have your questions answered, and I'll make some suggestions that I hope will be helpful to both young people, and the people who care for them.





EMMA WRIGHT

Emma Wright is the host of the notable "Raising Body Confident Kids" parent talk. Having run a multitude of talks for schools, community groups and online audiences across the globe, her model is engaging and empowering. Emma is currently writing a book to be published under the HarperCollins imprint, has been featured on The Project, and has an in-depth course available for those who want more. Emma holds a Master's Degree, is well researched and has lived experience with disordered eating.

Given the rise of eating disorders and body dissatisfaction in kids, and the number of people in general who have a difficult relationship with food and their body, Emma's work is timely and groundbreaking. Find out more about Emma here:

<https://www.emmawright.co.nz>

SEMINAR: RAISING BODY CONFIDENT KIDS

A look at why, given our focus on teaching healthy habits, so many young people have a difficult relationship with food and their body, and eating disorders are on the rise. The seminar outlines a clear map for making small but powerful changes that can make a lifelong difference to children and their families.





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