

## Growing Great Brains during Adolescence

We sometimes think of the adolescent years as a time of challenging behaviours. An understanding of the changes taking place in the adolescent brain may help you to view these years as a positive step on their journey to adulthood.



### Introductory Seminar:

1.5 – 2 hours \$460

### Half Day Workshop:

3 – 3.5 hours \$750

Tailored and full day seminars available upon request. Friday evening and weekend rates apply.

### Enquire or make a booking

Email: [bookings@brainwave.org.nz](mailto:bookings@brainwave.org.nz)

## Programme Overview

Adolescence is a period of great opportunity! However, it can also be a time of vulnerability. This evidence based seminar unravels different factors that may influence healthy adolescent brain development and helps you to...

- **Discover** why your adolescent seems to experience their emotions more intensely; why their 'highs' are higher and their 'lows' lower
- **Understand** why they may be drawn to new, exciting and sometimes risky activities; and on the other hand why they want to sleep so much
- **Learn** what may help or hinder their brain development
- **Value** the important role you play in supporting them on this journey

"Thank you for reminding us of the importance of risk taking and that it is by making mistakes that we all learn."

Parent, Hutt Valley

"The presentation was fantastic, it was like she was talking to me. Her stories just stuck, and it was nice how she didn't tell you how to parent but told you what was happening."

Mother (Wellington)

