

## **Title: Responding to Difficult Adolescents**

**Aims:** To develop strategies for dealing with difficult adolescents

**Objectives:** Understanding neurological basis for boredom  
Exploring adolescent development  
Develop effective skills to encourage adolescents  
Sharing good practice at work

### **Target Audience:**

This course will greatly aid anyone who may have to deal with, or support Adolescents

### **Course content**

- Understanding Development
- Neurological changes
- Effects of puberty
- Emotional stages
- Case study
- Protecting your emotional state
- Realistic goal setting
- Negotiation
- Evaluations and endings

### **Commentary**

The course examines adolescents. It enables participants to understand the concept of stages how this affects their behavior. It also examines strategies to negotiate and bargain, as well as positive interactions. The use of case studies enables participants to discuss issue that are relevant to their background and vocational experience.