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**ADOLESCENCE TRAINING**

***The Rock Trust is offering a half day development opportunity – Adolescence Training. This training is aimed at professionals and volunteers who work with young people experiencing adolescence.***

**APPROACH**

We can adapt the training to meet your organisation’s needs. Please contact us to discuss how we can ensure that you receive the training that will offer the greatest return for your organisation.

**Aim Of Training**

The training will describe positive approaches and discuss effective strategies for dealing with challenging behaviours in adolescence.

**Learning Outcomes**

Participants will be able to:

* Define adolescence and increase knowledge of adolescent behaviours.
* Explore the theory of brains in transition, identifying key stages of adolescence and examine how emotional functioning is formed.
* Outline the key stages of change and the steps involved to successful transitions.

**BOOKING:** Bespoke training £500 (10-15 delegates), for 3.5 hrs training. To book please email [training@rocktrust.org](mailto:training@rocktrust.org) or telephone 0131 557 4059

Previous participants have said the training provided:

***“****Different ways to communicate”*

*“Learning about how the brain growing affects adolescence and how to tailor support and communication styles”*

*“I believe it will have a positive impact in my role”*

With 100% stating they would recommend the training to their colleagues.

**For further information or to book please email** [**training@rocktrust.org**](mailto:training@rocktrust.org) **or telephone 0131 557 4059**