



Guiding Students Through Significant Change

Delivered by Katrina Shaw – Educator & Founder of Grief Talks

Duration 2 hours – No break

Content Overview

Change is a normal part of life and throughout the first 18 years, children experience a multitude of transitions both socially and physiologically. In many cases, change can be healthy and support resilience and positive learning, however significant change can also have a detrimental impact on mental wellbeing, physical health, and psycho-social development.

This interactive session provides teachers and classroom staff with a framework of how to support students as they experience significant change.

Join Katrina as she explains how change directly impacts the different stages of student development and leave with strategies to navigate the challenges that may arise, through the implementation of evidence informed and age-appropriate practices.

- **Identifying Significant Change** - Understanding how grief is related to change
- **Individual Approach** Considering cultural and development differences
- **The Three R's** A framework for engaging and applying psychological practice
- **Proactive Actions** Building a toolbelt of conversation starters and support resources for immediate implementation - including before change occurs.

Outcomes

- ✓ **Awareness** Increased ability to understand the impact of different types of change
- ✓ **Confidence** Access to resources and proven strategies for supporting change
- ✓ **Resilience** Development of your own toolbelt for personal and professional challenges

Inclusions

- ✓ **Key Slides and Handouts** for reference and use post session

Our Requirements

- ✓ **Pre-workshop questionnaire** to provide insight into current challenges and understanding
- ✓ **Venue** with resources for a PowerPoint presentation
- ✓ **Refreshments** are at your discretion and cost

Contact Us For A Quote

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