



**Northern Saints**  
Teaching School Alliance



# The Adolescent Brain and Tranquillity

**Monday 12 November, 4.15pm– 5.15pm**  
(Refreshments served from 4pm)

**St. Wilfrid's RC College, Temple Park Road, South Shields, NE34 0QA**

St. Wilfrid's is pleased to be working with The Tranquil Treehouse to offer this FREE CPD session to secondary school teachers. In this session, founder, Nadia McSheffrey, will provide an overview of changes in the adolescent brain and why some form of tranquillity is valuable, if not essential. She will also provide an introduction to mindfulness and an understanding of how this form of tranquillity can benefit teenagers.

This one hour course is designed to be informative, practical and interactive. The short course is split into 2 parts...

## Part 1: Understanding the adolescent brain

- ✓ The positives and negatives of being a teenager today.
- ✓ Learn about the main major changes in the adolescent brain.
- ✓ Discover why teenagers behave the way they do.
- ✓ Learn how to support the teenagers you interact with.



## Part 2: Introducing tranquillity with a focus on mindfulness

- ✓ Learn about the history of mindfulness and recent scientific research supporting the practice.
- ✓ Understanding the benefits of mindfulness and other relaxation techniques for teenagers.
- ✓ Try some basic techniques yourself!

To book onto this **FREE** CPD session please contact Anna Harrison by email [aharrison@st-wilfrids.org](mailto:aharrison@st-wilfrids.org) or telephone 0191 456 9121

**PLACES ARE LIMITED AND WILL BE ALLOCATED ON A FIRST COME FIRST SERVED BASIS!**