

WIRED FOR CHANGE

A neurodevelopmental approach to strengthening adolescent wellbeing, engagement, learning, and transitions at school.

A professional development seminar for teachers and school professionals.

Adolescence is a time of extraordinary growth, change, and possibility. The adolescent brain undergoes profound development, shaping how young people think, learn, connect, respond to challenge, and find their place in the world. Understanding what's happening beneath the surface opens powerful opportunities to influence not just learning and behaviour, but how young people come to see themselves and their place in the world.

This practical, neuroscience-informed session brings the science of adolescent development into everyday educational practice. We'll explore ways to strengthen engagement, wellbeing, and the learning potential of every young person. Recognising how much school professionals already give, and the significant demands placed on them, the focus will be on making the most of existing relationships, everyday interactions, and available resources - not adding more to already full workloads, but amplifying the impact of the work schools are already doing.

We'll explore

The developing adolescent brain: What's changing, why it matters, and what it means for learning, motivation, engagement, behaviour, and relationships.

Big feelings, behaviour, stress, and regulation: Why everyday challenges can feel bigger during adolescence, and how adults can support regulation, wellbeing and readiness to learn.

Connection, belonging and mattering: Why it matters, and high-impact strategies and practices.

Understanding challenging behaviour. Resistance, withdrawal, disengagement - how to respond in ways that preserve dignity, strengthen connection, and build trust, influence, and co-operation.

T**he power of high-quality relationships**: Combining warmth, confident leadership and strong boundaries to build relational safety without compromising expectations, accountability or authority.

Turning neuroscience into practice: Small practical shifts in everyday interactions, expectations and responses that support learning, engagement, and wellbeing.

The transition to high school: Strengthening belonging, connection, confidence and engagement through new relationships, expectations and environments.

School anxiety and school avoidance: Understanding avoidance and working collaboratively with parents and carers to strengthen felt safety, confidence, and sustainable attendance and engagement.



About Karen Young

Karen Young is the founder of Hey Sigmund, an internationally popular resource on anxiety and child and adolescent development. A sought-after speaker, educator and consultant, she works with families, schools and organisations in Australia and overseas. Karen is the author of six books, including the bestselling *Hey Warrior.*