

# Managing Change - Approaching my Future

Interactive and reflective sessions where students are able to identify and address underlying concerns about change, the unknown and pressures on decision making during final years of schooling or studies. We provide an introduction to focus on future and potential next steps through opening opportunities. Utilising a positive psychology framework for emotional response, reflection of personal reaction to pressure of students.

Ideally run as two separate sessions, the first as smaller groups followed by one as a large group, students are offered structured reflection to build awareness of their capacity to manage change and to recognise their natural responses to change and stress. Throughout the program, we will focus on:

## **Personal Growth & Resilience**

Assisting students to see value in themselves we will discuss individual growth throughout life's changes and how resilience has been active within their lives.

## **Response to Change & Uncertainty**

Utilising honest reflection we will have students identify their methods of responding to change through tangible examples and situations. They will consider times of uncertainty and how they managed their responses during those times.

## **Positive Coping Strategies**

Understanding many natural responses to stress and anxiety rely on negative behaviours and choices, we will work with students to assess a breadth of reactions to uncertainty with an emphasis on the greater impact of positive responses.

## **Planning for the Future**

Allowing students to compile their thinking, we will bring together discussion and consideration of what may be for their next steps and focus on the career process as a series of change rather than a linear process.



*"Turning Point held a series of workshops at the request of Meriden to help address an outbreak within our year 12 group of anxiety and negative thinking within the cohort. Kathryn led the girls through a series of activities including a short presentation as well as individual and group work which allowed the students to reflect on their current thinking, the general quality of their self-talk and how to better frame their thinking regarding the future. During the process of the workshops, and with Kathryn's assistance, the staff were able to identify particular individuals which required more specialised follow up. The students as a whole left with specific strategies with which they could work when facing anxiety and self-defeating thinking. It was a very helpful workshop for the students."*

**Fiona D'Souza, Career Adviser & Teacher, Meriden School**

**Student Group:** Year 10 - 12 high school students and those in further studies

**Location:** Available from your School

**Duration:** 1-3 hours depending on program

**Cost:** Available on request

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