

# Shawmind Online Training

## Mental Health Training for Teenagers

Are you concerned about your teenager's emotional and mental health?

Do you know how to approach the subject of mental health issues and your concerns?

Would you just like to be better equipped to enhance your teen's mental wellbeing?

Our Monkey Wisdom Courses can help you.



**MONKEY  
WISDOM**

### Transformation and Wellbeing Course for Teenage Girls

**From Fearful to Fabulous** 6-week course

#### Core Themes:

- Exploring the impact of the Covid19 restrictions
- Open Forum to raise causes for concern
- The easy guide to understanding why so many teenagers battle with mental health issues
- Overcoming anxiety, anger and frustration
- How to increase confidence
- How to have those 'difficult' discussions about how you feel
- How much stress is good for you?
- How not to let social media screw up your life
- Understanding the power of your thoughts
- How to Be, Do and Have whatever you want in your future lives
- Appreciating the pros and cons of mobile phones and social media
- You are what you think
- Where are you 'at' right now? (Wheel of Life)
- Visions for the future



#### Top Tools and Exercises for Transformation and Wellbeing

- Tapping for Emotional Transformation
- You are what you think!
- Meditation: why it really does work!
- Where Am I Now? Wheel of Life
- Vision Boards
- Letters to and from my future self
- Perceptions Exercise
- Power Games – what can you control?
- 100 words: Who Am I?
- I AM – affirmations
- Daily habits of the world's most successful people:
  - Meditation
  - Journaling
  - Affirmations
  - Exercise
  - Nutrition, sleep, hydration
  - Routine
  - Limited screen-time and social media



# Transformation and Wellbeing Course for Teenage Boys

## From Fearful to Fearsome 6-week course

### Core Themes

- Exploring the impact of the Covid19 restrictions
- Open Forum to raise causes for concern
- The easy guide to understanding why so many teenage boys battle with mental health issues
- Overcoming anxiety, anger and frustration
- How much stress is good for you?
- How to increase confidence
- Is screen time and gaming an unhealthy fixation?
- How to have those 'difficult' discussions about how you feel
- You are what you think!
- How to Be, Do and Have whatever you want in your future lives
- Appreciating the pros and cons of mobile phones and social media
- Where are you 'at' right now? (Wheel of Life) and how to move forward
- Visions for the future

### Top Tools and Exercises for Transformation and Wellbeing

- Tapping for emotional transformation
- Focus creates your reality
- Meditation: why it really does work!

- Where Am I Now? Wheel of Life
- Vision Boards
- Letters to and from my future self
- Perceptions Exercise
- Power Games – what can you control?
- 100 words: Who Am I?
- I AM – affirmations
- Daily habits of the world's most successful people:
  - Meditation
  - Journaling
  - Affirmations
  - Exercise
  - Nutrition, sleep, hydration
  - Routine
  - Limited screen-time and social media



### About the Trainer

**Tana Macpherson-Smith** of Clearminds Education developed and presents the Monkey Wisdom series. She has twenty-five years' experience in education as a teacher and senior leader in secondary schools, as a boarding school housemistress, prep school Governor, Marketing Director and creator of life-changing events for young people. Having lived (as a housemistress and parent) and worked with large numbers of teenagers over many years, she understands fully the wide range of mental health issues that affect teenagers and children.

The Shawmind team are available to offer support and guidance to individuals and schools on a range of mental health support provisions. Visit [www.shawmind.org](http://www.shawmind.org) for more information about the courses, or follow the charity on Facebook, Twitter, Instagram or LinkedIn.



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