



## Workshop

### The Adolescent Mind and Heart

Adolescents can be frustrating! Sometimes It is difficult to know how to relate and connect to adolescents. The goal of this course is to help educators understand and develop a relationship with their adolescent students.

#### Who Should Attend?

This workshop is designed for educators and others who interact with adolescents.

#### Course Agenda

1. Understanding the teenage brain
2. Developing Relationships with Adolescents
  - a. Regulation
  - b. Self-Awareness
  - c. Attunement
3. Classroom Management for Adolescents
  - a. Strategies that work
  - b. Positive Intentions

#### Length of Workshop

This workshop is 2 hours in length.

#### Presenter Profile: Miriam Manela

- Pediatric behavior expert
- Occupational therapist, registered and licensed
- Author of *The Parent-Child Dance: A Guide to Help You Understand and Shape Your Child's Behavior* (October, 2014).
- New Jersey Occupational Therapy Association (NJOTA), Legislative Co-chair
- Founder of The Thrive Group, occupational therapy that encompasses the social, emotional, and physical aspects of the person
- American Occupational Therapy Association (AOTA), Past representative for the Representative Assembly
- Awards: CBS Radio Women's Achievement Award
- Top Doctor's in New Jersey award 2015, 2016, and 2017

**Contact Information**

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## NOTES