

IN SUPPORT OF YOUTH FOCUS AND THE HAWAIIAN RIDE FOR YOUTH



Guildford Grammar School  
FOUNDED 1896



PRESENTS:



# Maggie Dent

## 'Taming the Stress Monster in Adolescence'

*(suitable for adolescents 14+ attending with their parents)*

Today's world is full of the immediacy of a busy life and it is impacting on our children and adolescents. This seminar for people who support adolescents explores the what, the why and most importantly the how of calming our children and especially our rapidly transforming adolescents. The bumpy ride to adulthood can be challenging at times. Maggie explores stress and ways for adolescents to understand and help each other to navigate big ugly feelings, "ANT" attacks (automatic negative thoughts), failure and disappointment. She also explores great ways to calm and relax that will help the adolescents you work or live with to study better, think better and take the high road rather than the low road on the journey to being an adult.

TOGETHER WITH



# Clark Wight

## 'Young, Healthy & On Track'

*Supporting our adolescents through the awesome, the mediocre and the downright ugly*

Clark's desire to share his experiences as a teacher and school administrator has led to numerous conference presentations, articles and seminars around raising children, developing our conscious parenting skills and engaging our adolescent children. His seminars are aimed at taking the mystery and fervour out of media driven, assessment focused and societal driven expectations around the 'perfect' child and the 'perfect' parent.

As a speaker, Clark has been speaking alongside parenting author and educator, Maggie Dent, and working with schools and parent communities on further developing our understanding of boys.

**100% of proceeds will be donated to the Hawaiian Ride for Youth, benefitting Youth Focus**

**DATE:** Monday, 4<sup>th</sup> March 2019

**VENUE:** Guildford Grammar School, David Lawe Davies Centre  
*(Enter the School from the set of traffic lights on Great Eastern Highway)*

**TIME:** 6:30pm – 8:30pm

**COST:** \$40 per person

**TICKETS AVAILABLE AT:** <https://www.rideforyouth.com.au/2019/event/maggie-dent-taming-the-stress-monster-in-adolescence-with-clark-wight/>