



ROSTREVOR
COLLEGE

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Rostrevor College (est. 1923)
ABN 63 001 070 495

**A CATHOLIC ALL BOYS' DAY & BOARDING
COLLEGE IN THE EDMUND RICE TRADITION**
Reception to Year 12

Mark Le Messurier, author, teacher, counsellor and coach presents ...

'A Window into the AMAZING BOY Adolescent Brain: implications for behaviour, emotion, coaching, parenting and learning.'

Wednesday 20 March 2019 from 7.00pm to 8.30pm at Rostrevor College

This is a FREE event and is extended to the wider community.



Mark Le Messurier is a teacher and counsellor. He is the author of 11 publications. Mark is the co-author of the three 'What's the Buzz? a social skills friendship building programs now assisting children in schools and organisations around the globe. Mark presents at conferences and is a recipient of an Australian National Excellence in Teaching Award. Mark works in schools and in private practice in Adelaide with young people he affectionately calls 'Tough Kids'. He is well-known for writing the parenting books, RAISING BEAUT KIDS and PARENTING TOUGH KIDS. All of Mark's books will be available at the seminar for purchase, using cash or credit card. He is continuing to offer RAISING BEAUT KIDS and PARENTING TOUGH KIDS as a BOOK BUNDLE (discounted price of \$40).

To hear Mark interviewed by Debra Tribe on ABC Radio, visit -

<http://www.marklemessurier.com.au/main/news/a-radio-interview.shtml>

To see one of Mark's seminars, please visit -

Mark Le Messurier - YouTube Channel-

<https://www.youtube.com/channel/UCOZkkrMU4LdXZc2uT7WY-Uw>

A Window into the AMAZING BOY Adolescent Brain – for all parents

The years between 11 to 19 years of age, are loosely considered adolescence. It is a critical time for human development and is best-known as a period of massive changes – physically, emotionally, sexually and neurologically. Yet, adolescent behaviour can be a puzzle to many – their parents included!

They can be a cocktail of emotions and mood swings, with a strong desire for increased independence, a frantic need for peer approval and connection, and a tendency towards impulsive, risk-taking behaviour. They can also be dramatic and irrational for apparently no reason, but they also have deeply insightful and compassionate moments, and a profound need for continuing tender care from the adults in their world.

The explosion of new brain imaging technologies and bucket loads of research have taught us more about the brain in the past handful of years than in the previous 500 years. A few years ago, we thought that the behaviour of our adolescents was all about the, "Hormones!" Little did we understand the true depth of what's happening in an adolescent's brain, and its impact it has on our adolescents!

We now know the adolescent brain is very much a work in progress – and, that it is really different to yours, and to how it once was when they were a child. Just as an adolescent goes through awkward physical growth spurts, their brain development also progresses with awkward leaps and stutters.

So, what is a parent to do?

Firstly, understand what's really happening your teenage son or daughter. Mark will also present some fast, practical and helpful ideas for you to work with. Oh, yes! This is a challenging age group, but so brilliantly rewarding to parent and teach!



Why a red Ferrari? Come along – you'll see!

Mark Le Messurier

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