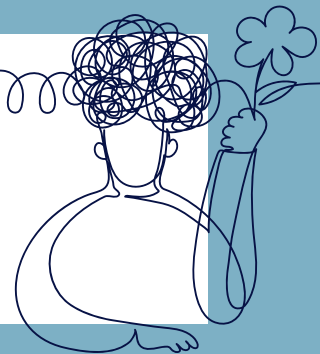


FIVE TO THRIVE: YEAR 11 TO POST 16 TRANSITIONS



This course looks at the different transitions that young people from Year 11 to adulthood may be impacted by and how change, transition and uncertainty can negatively impact on young people's brains and nervous systems. We think about the challenges that come with the lead-up to Post 16. The course will support participants in thinking about opportunities and understanding as well as the potential impact on self-esteem and confidence when choices made are not successful and what we can do to support young people before, during and after this challenging time.

Time is given to delve into a better understanding of adolescent brain changes that impact on resilience, behaviour and how young people respond to adult interaction, guidance and support. We look at what that means for young people in both individual and group scenarios. We also highlight the challenges that can occur to connected relationships during adolescence and what we can all do to maintain positive connected relationships throughout this time.

Practical examples of what we can do to support young people through those changes and transitions at this stage of their development are investigated. This training will include an activity that forms the basis of a transition planning document that practitioners, as well as other members of the team around a young person, can use to plan and support young people throughout this transition.

Key Aims

- To reflect upon the transitions that happen from Year 11 to adulthood and the impact that may have on young people
- To understand adolescent brain changes
- To gain some practical examples and planning tools to support young people through transitions from Year 11 to adulthood



18TH MARCH 2027 9.30AM - 3PM CHELTENHAM PAVILIONS



Non-attendance or less than 3 full working days for online courses/less than 5 full working days for face-to-face courses will incur a cost of £100 per delegate at the discretion of the Virtual School Head. Contact courtney.hopson@gloucestershire.gov.uk to cancel. Declining a teams invite for sessions you have booked onto will not be accepted as a cancellation.

