



OXFORDSHIRE TEACHING
SCHOOLS ALLIANCE



Aspiration - Collaboration - Excellence

YOUNG PEOPLE, SELF-ESTEEM, SEX AND SEXUALITY

A workshop for professionals working with young people

We use the word all the time but what exactly is 'self-esteem' and how do young people develop it? If praising young people doesn't make much difference, then what? What do we mean by a self? How does a self develop? How can a damaged self ever be repaired? And how does a sense of self affect the way young people approach sex and sexuality? Some young people want to talk about sex. Others don't. But all young people are developing as sexual beings. Whether or not they happen to be in sexual relationships, sexuality pervades their lives, affecting their behaviours, their readiness to learn, their happiness. Some get stuck. Some get angry. Some get sad. Some feel like giving up. How do we help young people talk about their hopes, their fears, their experiences? How and when do we offer advice? How and when do we listen? How do we help young people ask the questions that matter and discuss things without embarrassment?

This workshop will include some theoretical input, but we'll also share our experiences as professionals, developing and trying out approaches that work. The day will be of particular interest to professionals working with young people in education, health, social services, counselling and other contexts.

Workshop facilitator:

The workshop will be led by Nick Luxmoore. Nick is a trainer, school counsellor, teacher, youth worker and psychodrama psychotherapist (UKCP registered). He has nearly 40 years' experience of working with young people and with the professionals who support them.

Nick's career has included teaching English and Drama in schools and prisons, teaching counselling at Oxford Brookes University, running a youth centre and youth theatre, setting up and managing a young people's counselling and information service, working as a school counsellor and as a counsellor with young refugees and asylum seekers. He currently works as a freelance trainer and supervisor.

He is the author of a number of books about working with young people, with themes including anger, self-esteem, death, love and hate.

www.nickluxmoore.com

WHERE AND WHEN

King Alfred's Academy
Portway, Wantage
Oxon, OX12 9BY

17th January 2018
9.30am – 4.00pm

COST

£95 (exclusive of VAT)

HOW TO BOOK

Contact us online:
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