

DEVELOPING SELF-ESTEEM AND SUPPORTING YOUNG PEOPLE WITH SEX AND SEXUALITY

A workshop for professionals working with young people

Praise often makes no difference. Encouragement often falls on deaf ears. And yet without self-esteem, life feels unbearable for many young people. So what exactly is 'self-esteem'? How do young people develop it? How does a sense of self develop in the first place? How can a damaged self ever be repaired so that young people can start living more confidently? And how does self-esteem affect the way young people approach sex and sexuality, because all young people are developing as sexual beings whether they like it or not.

Regardless of whether they happen to be in sexual relationships, sexuality pervades their lives, affecting their behaviour, their readiness to learn, their happiness. Some of them get stuck. Some get angry. Some get sad. Some feel like giving up. How do we help young people talk about their hopes and fears and experiences? How and when do we offer advice? How and when do we listen? How do we help young people discuss the things that really matter?

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 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
Challow Road, Wantage
OX12 9DU*

Thursday 28th February 2019

9.30am – 4.00pm

COST

£95 (exclusive of VAT)

HOW TO BOOK

Contact us online:

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