



How To Develop Resilience In Young People

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www.nathanhulls.com/ResilientYoungPeople

As featured on:



THE *australian* AGE
theage.com.au

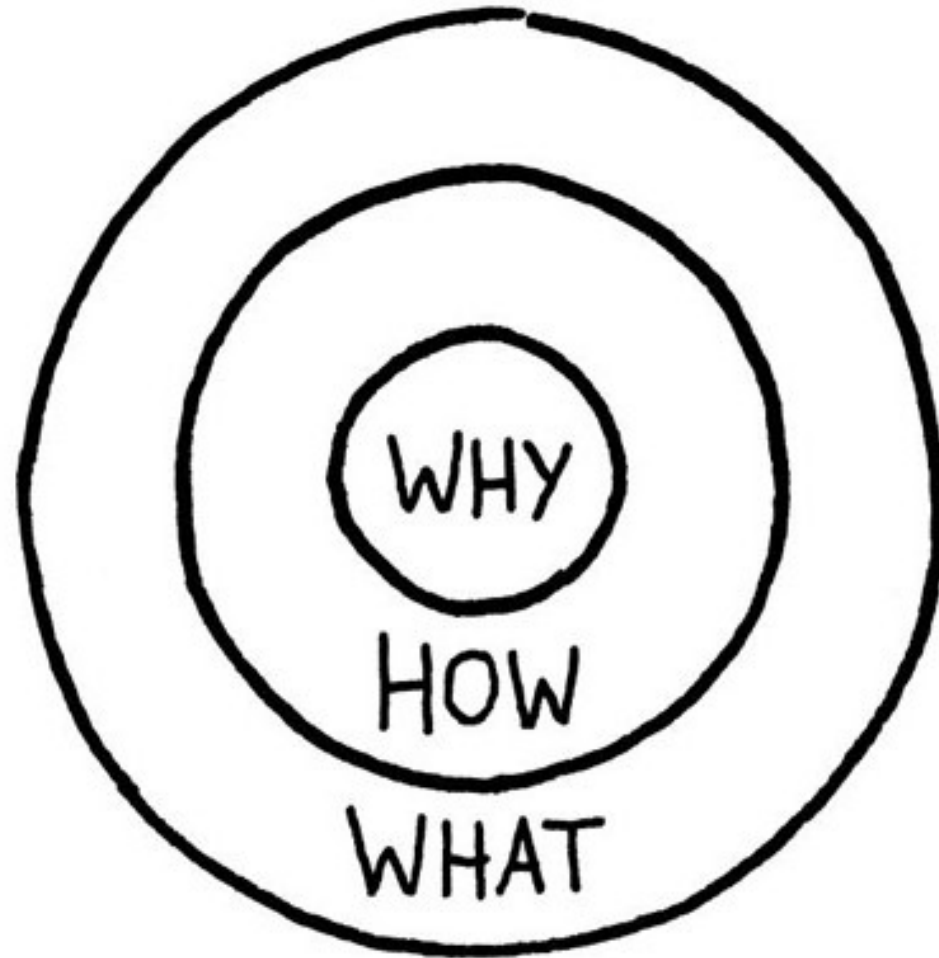
Herald Sun theTelegraph

adelaidenow

perthnow



Who Am I?



What's Your WHY?



My WHY!



Move The Milk



Kids + Adolescents?

“Our youth now love luxury. They have bad manners, contempt for authority; they show disrespect for their elders and love chatter in place of exercise; they no longer rise when elders enter the room; they contradict their parents, chatter before company; gobble up their food and tyrannize their teachers.”

Who Said This + When?

"The young people of today think of nothing but themselves. They have no reverence for parents or old age. They are impatient of all restraint. They talk as if they alone knew everything and what passes for wisdom with us is foolishness with them. As for girls, they are forward, immodest and unwomanly in speech, behaviour and dress."

Who Said This + When?



Foundational Ideas

***“Everyone Is Right Now
Doing The Best They Can
With The Resources They Have
Available To Them”***

Judgment Free Zone

What resources are you lacking?

*“Unresourceful behaviour comes
from under resourced
human beings.”*

Unresourceful = Under Resourced

Young people are not their behaviours.

They are not a problem to be solved,

Or an issue to be fixed,

*But they are human beings who are unique,
valuable and on a journey of discovering who
they are, where they fit and what they have
to offer.*

Young People Are Untapped Potential

Your opportunity

*“Every young person
is just one trusted adult
away from being a
success story!”*

In Need of a Trusted Adult

Ownership
Accountability
Responsibility

Results
+

Blame
Excuses
Denial

Reasons
—

Focus On What You Can Control



What Drives Behaviour?

An iceberg floating in the ocean. The tip of the iceberg is above the water surface, and the much larger base is submerged. The water surface is a dark blue, and the sky is bright blue with white clouds. The submerged part of the iceberg is divided into six horizontal layers, each with a label in red text. The word 'ENVIRONMENT' is written in red text in the blue water to the right of the submerged part of the iceberg.

BEHAVIOUR

SKILLS / STRENGTHS

EMOTIONS

BELIEFS / VALUES

6 CORE NEEDS

IDENTITY / PERSONALITY

LIFE PURPOSE / HOPE

ENVIRONMENT



Children + Young People

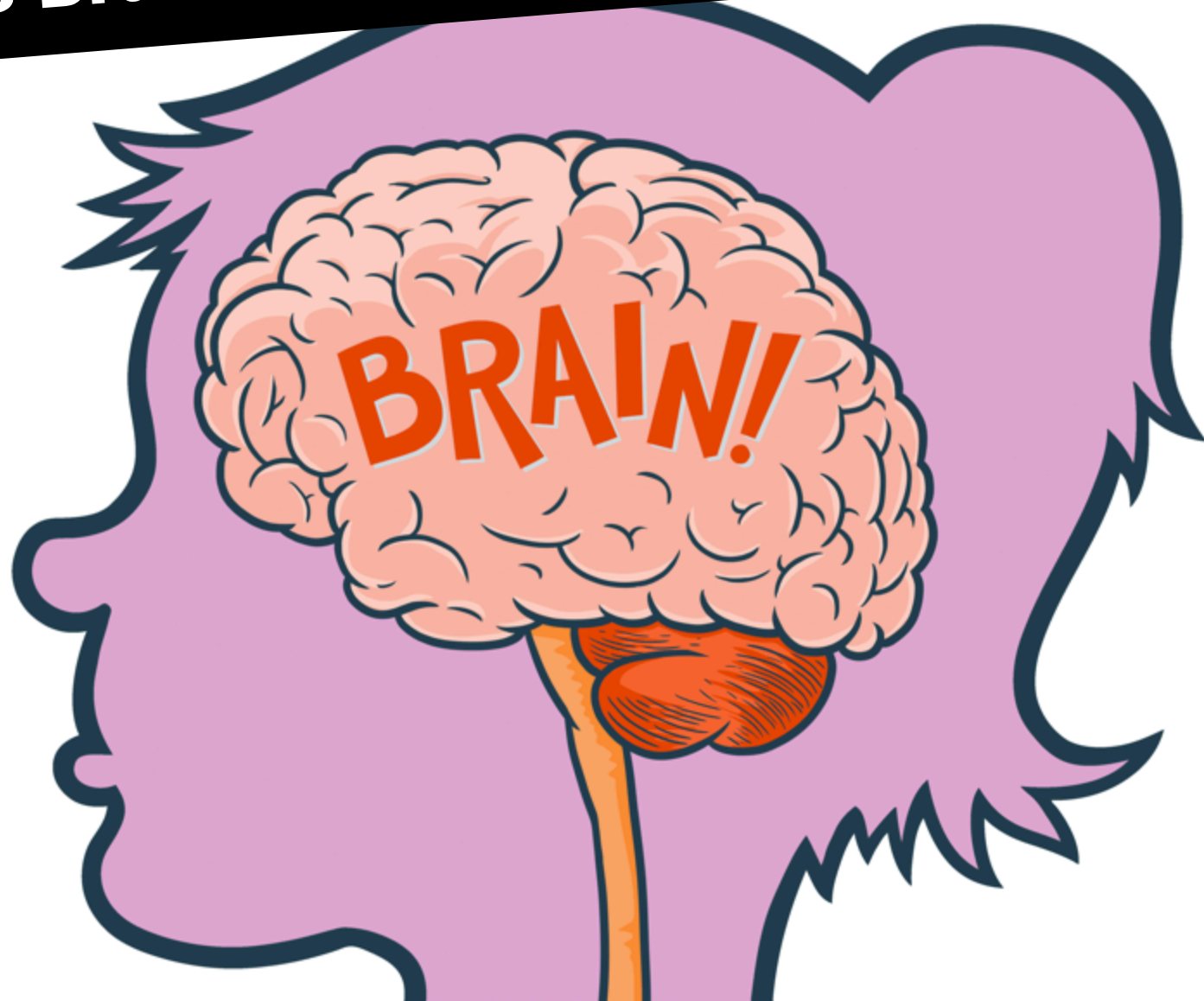
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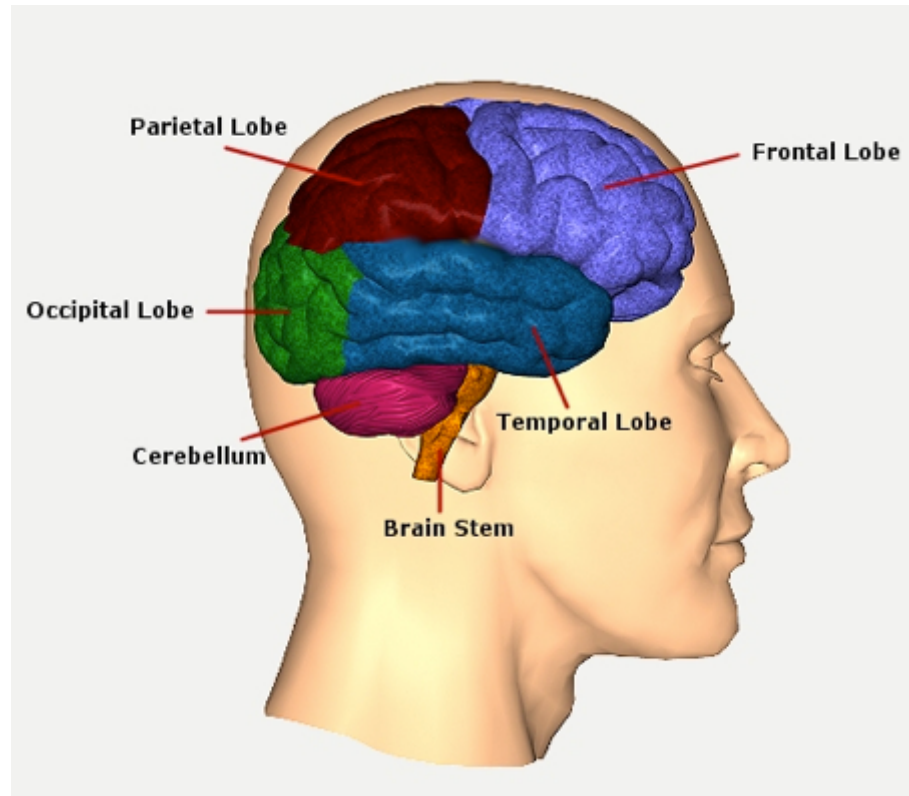
Kids Brains – Under Construction



Order Of Development

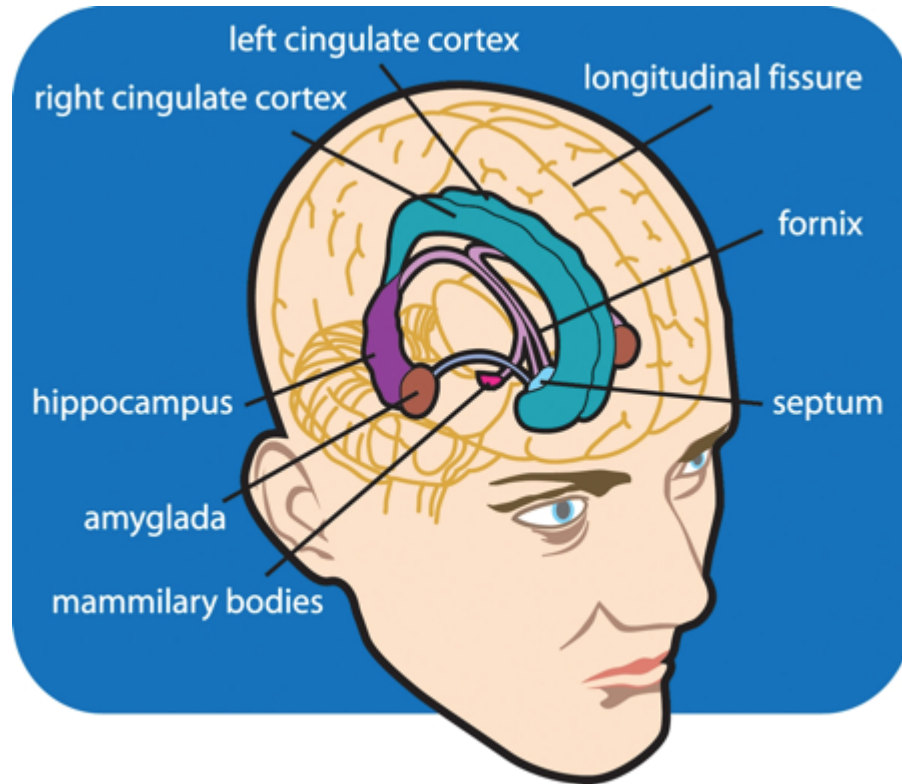
1. Basic Life Sustaining Functions
2. Emotional Control Centres
3. Cognitive Control Centres

Brain Stem + Cerebellum



- Survival
- Blood Pressure
- Heart Rate
- Body Temperature
- Movement
- Motor Skills
- Sleep

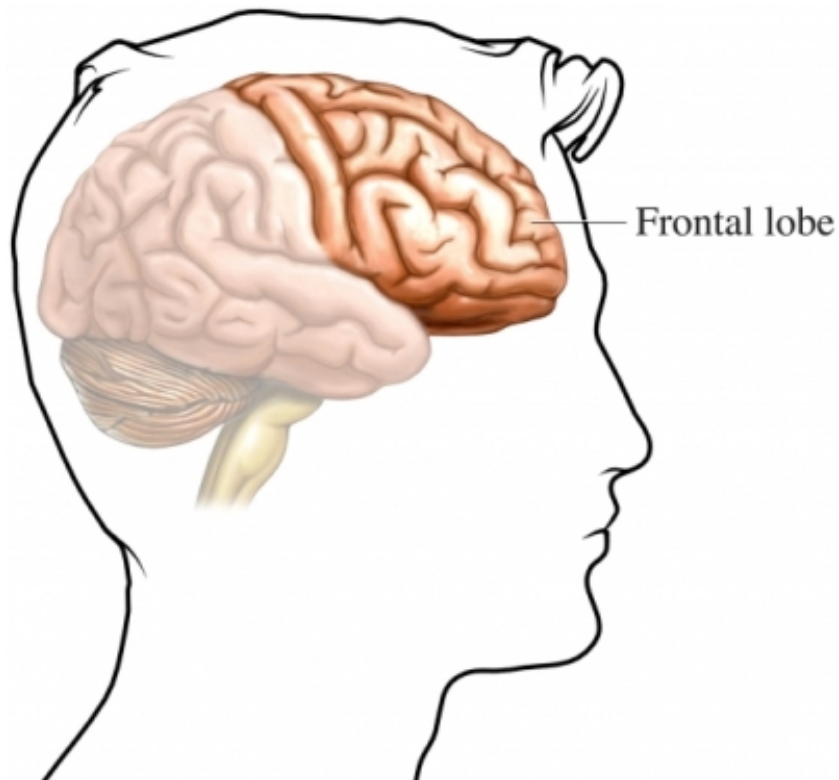
Limbic System



- Social + Emotional
- Long-term memory
- Sensory Perception
- Hormone Secretion
- Motor Function

Frontal Lobe / Pre-Frontal Cortex

Last part of the brain to come online



- Decision Making
- Planning Ahead
- Impulse Control
- Reasoning
- Logic
- Risk Assessment

Increased Risk Taking
Greater Emotional Reactivity
Forgetful
Disorganised
Poor Decision Making
Short Attention Span
Failure to Follow Through

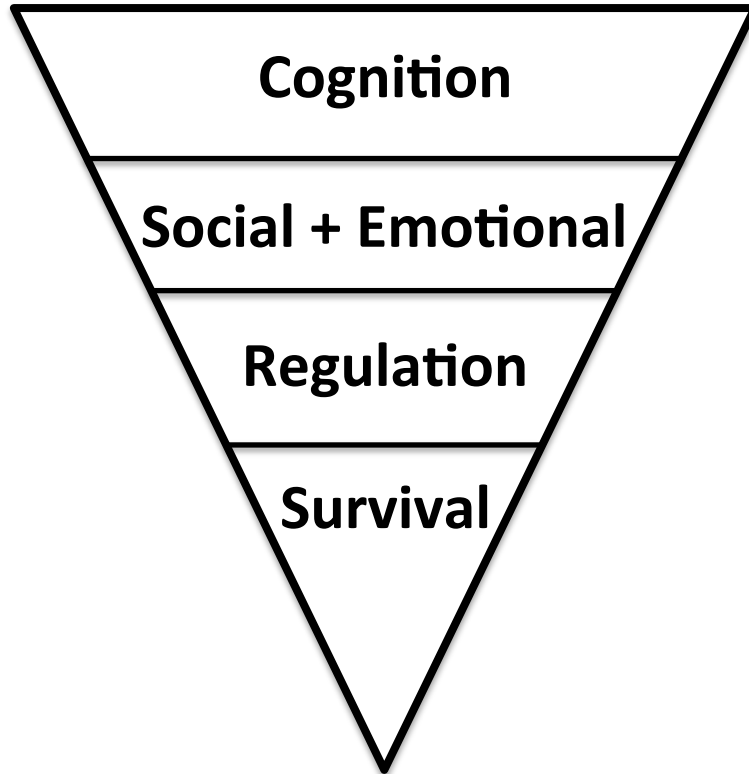
*“Turbo charged car
with an unlicensed driver”*

Adolescent Challenges

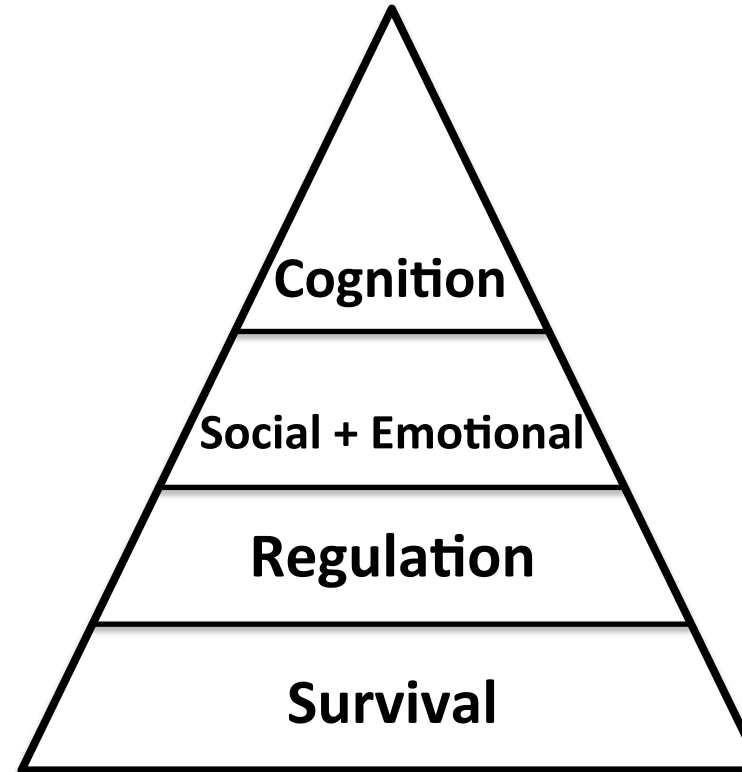
- Decreasing **face to face** interaction
- Increasing **online** social environment
- Lessening the development of **social cognition**
- Social awkwardness, inability to interpret nonverbal communication, physical isolation
- Full extent of the impact is still yet to be seen (positive or negative)

The Social Environment

HEALTHY BRAIN DEVELOPMENT



TRAUMA + STRESS



Early Life Trauma + Stress

- Emotional Reactivity
- Depression / Anxiety
- Anger / Aggression
- Dissociation
- Guilt and Shame
- Negative Self Image
- Lack of Focus / Concentration

Early Life Trauma + Stress



Reflection Time



How Do Young People See You?

1. Not Being Loved

2. Not Being Enough

3. Not Belonging

F

E

A

R

3 Universal Fears



Do You Care About Me?

Am I Enough?

Do I Belong Here?

3 Questions – (Disconnected From Behavior)



The Foundational Needs Of Young People

A group of young people, including a young man in the center and several young women, are smiling warmly. The background is bright and sunlit, suggesting an outdoor setting. The overall mood is positive and joyful.

6 Core Needs

1. Certainty / Consistency

2. Variety

3. Love/Connection

4. Significance

5. Growth

6. Contribution



Development Of Mindset, Beliefs + Values



Imprint Phase (0-7)

3 Phases of Development



Modeling Phase (8-15)

3 Phases of Development



Socialisation Phase (16-25)

3 Phases of Development

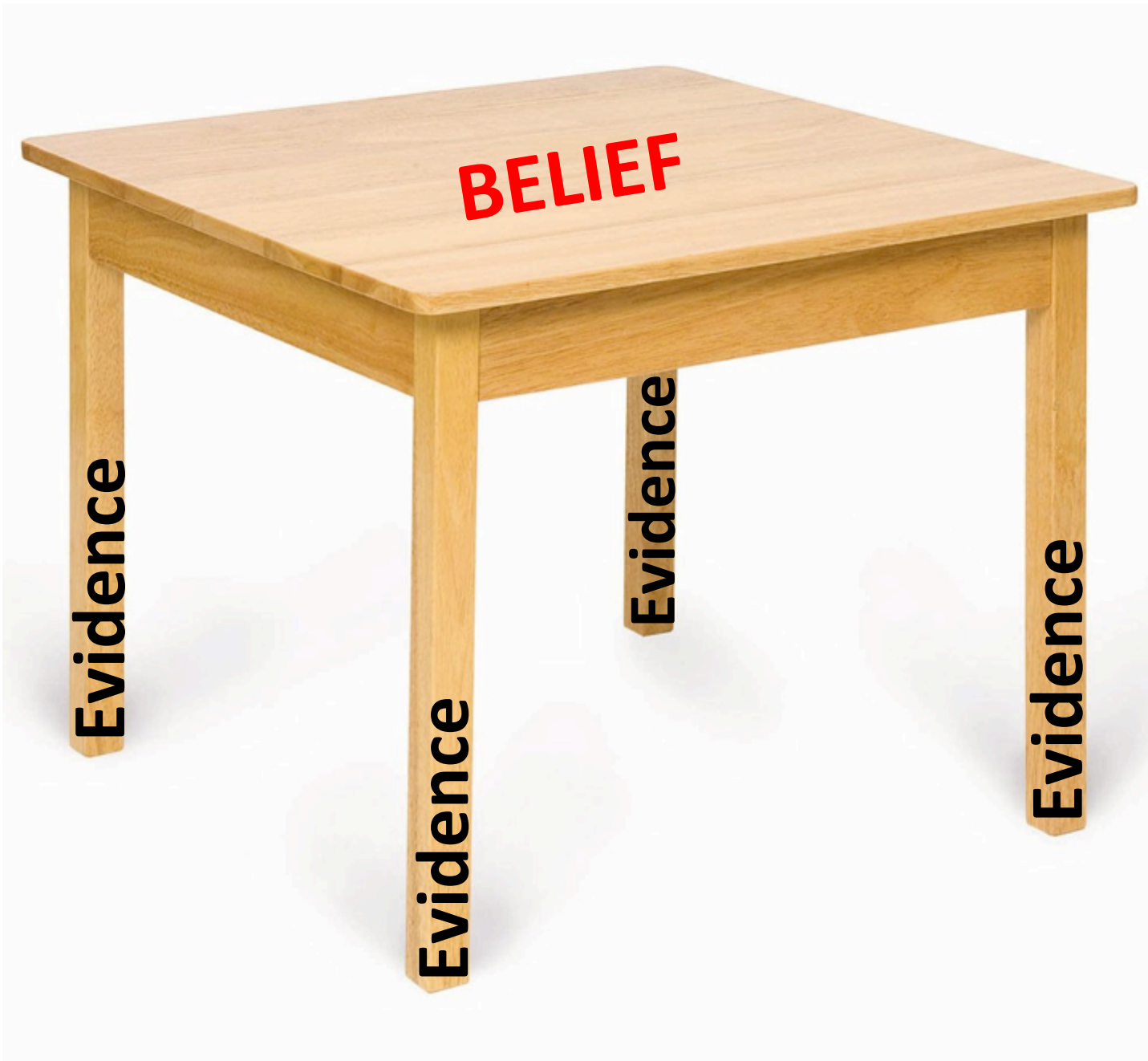
events words labels opinions

THINK (beliefs)

FEEL (emotions)

ACT (habits)

**Beliefs
Drive
Behaviour**



BELIEF

Evidence

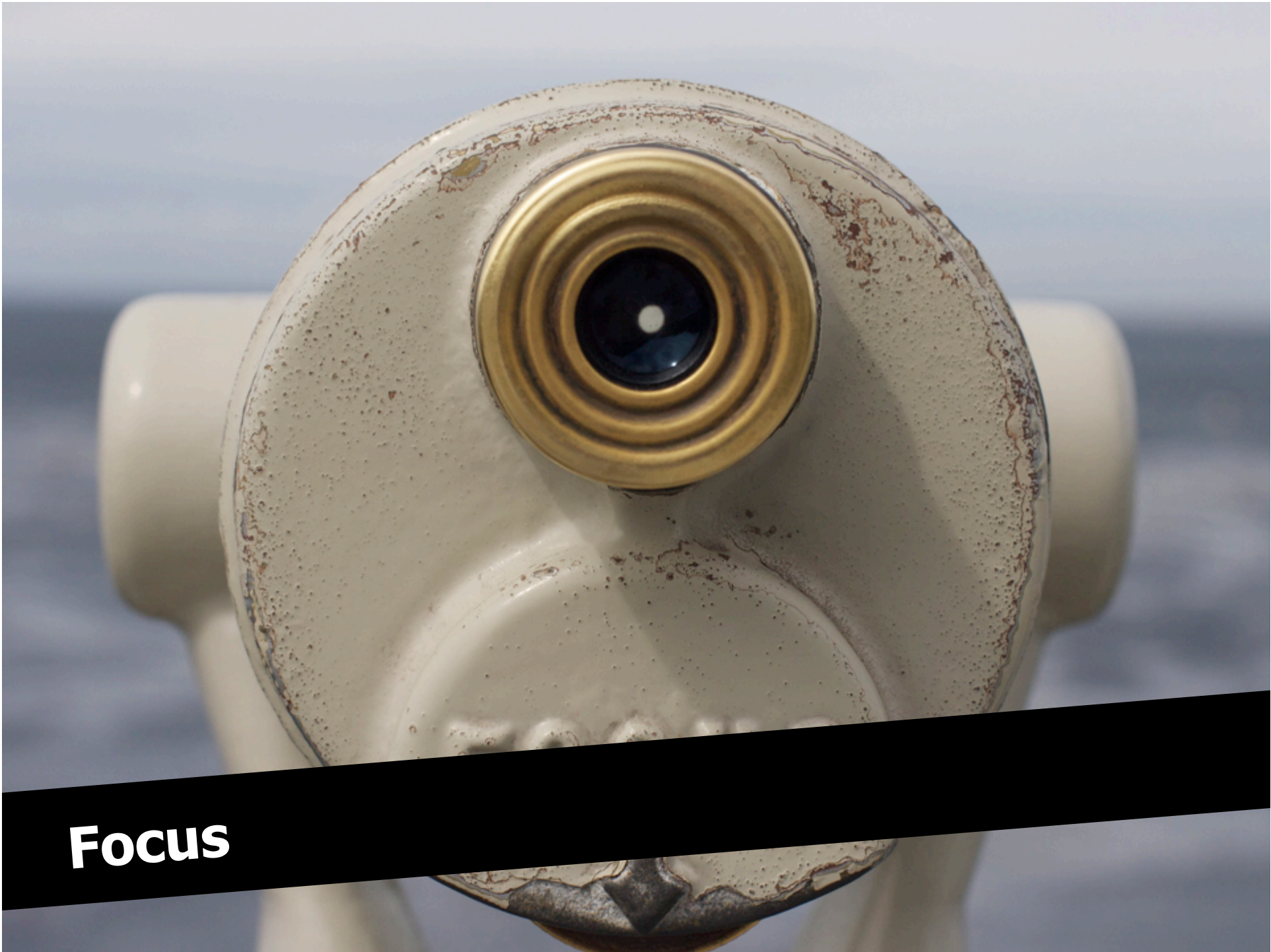
Evidence

Evidence

Evidence



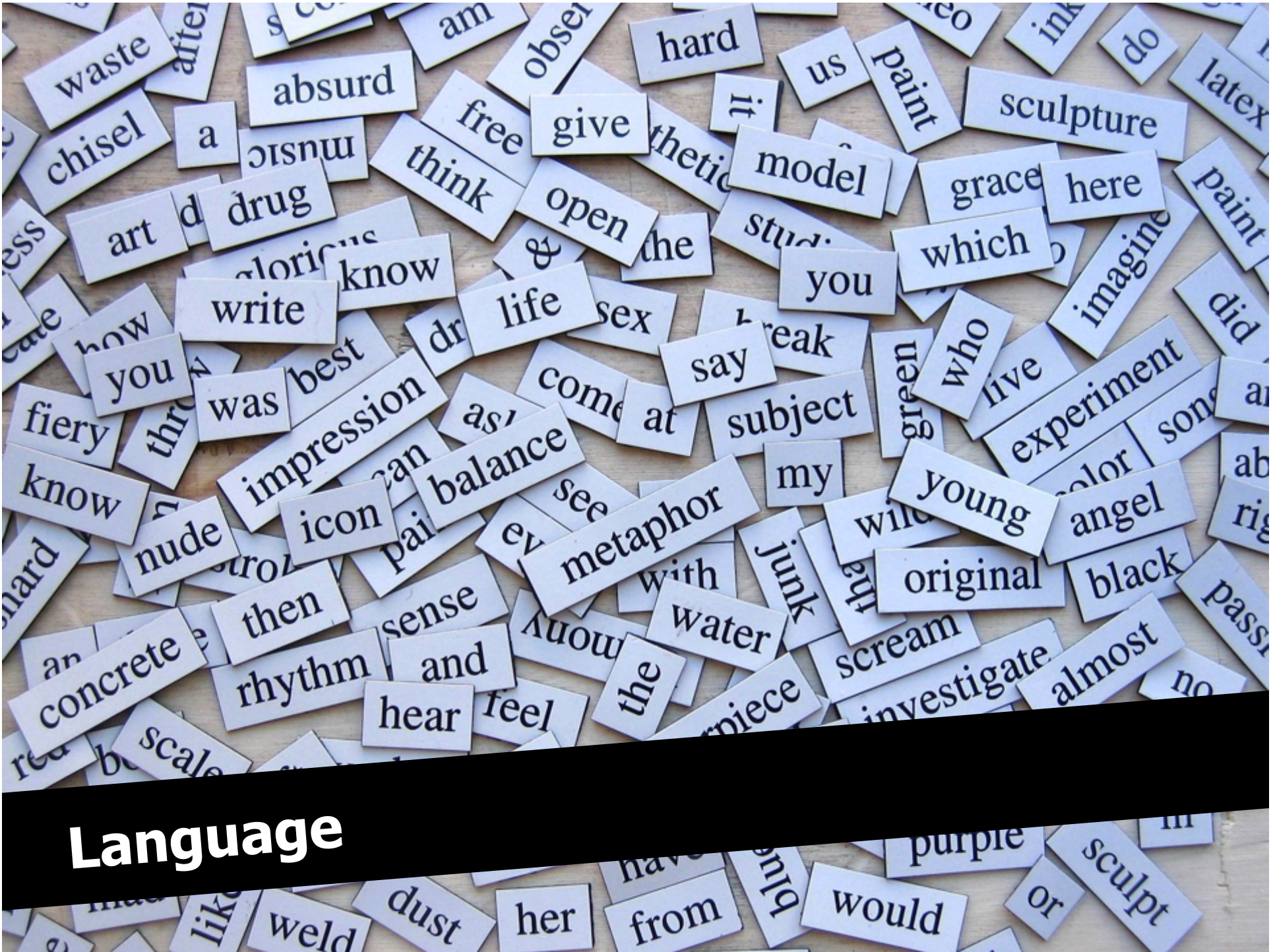
Triad Of Emotional State



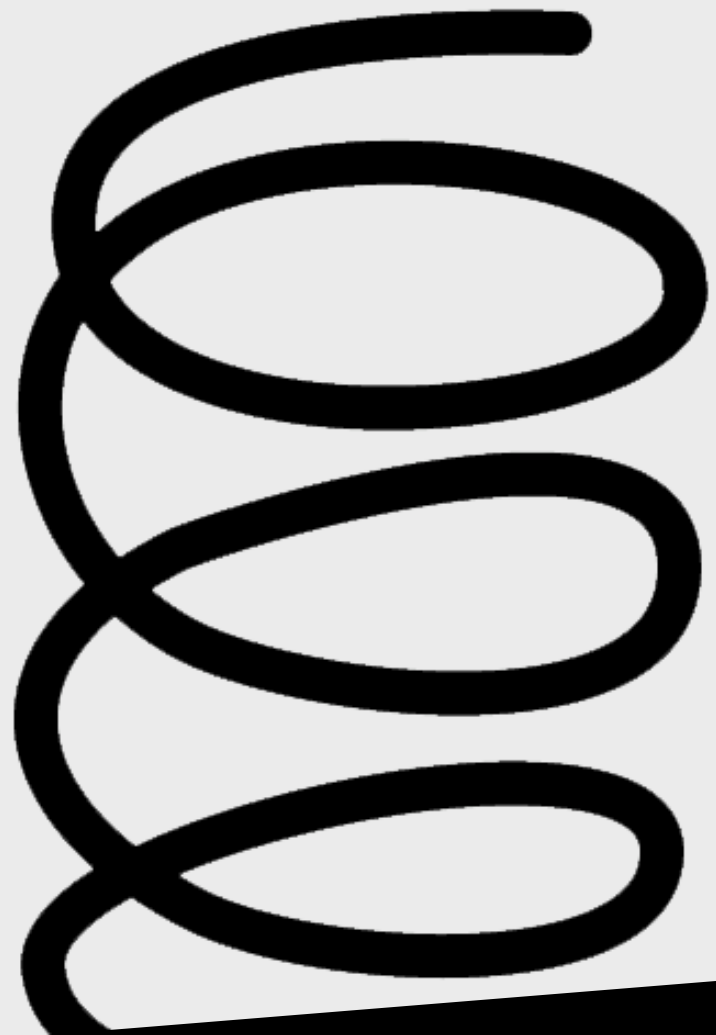
Focus

Physiology





Language



boing!

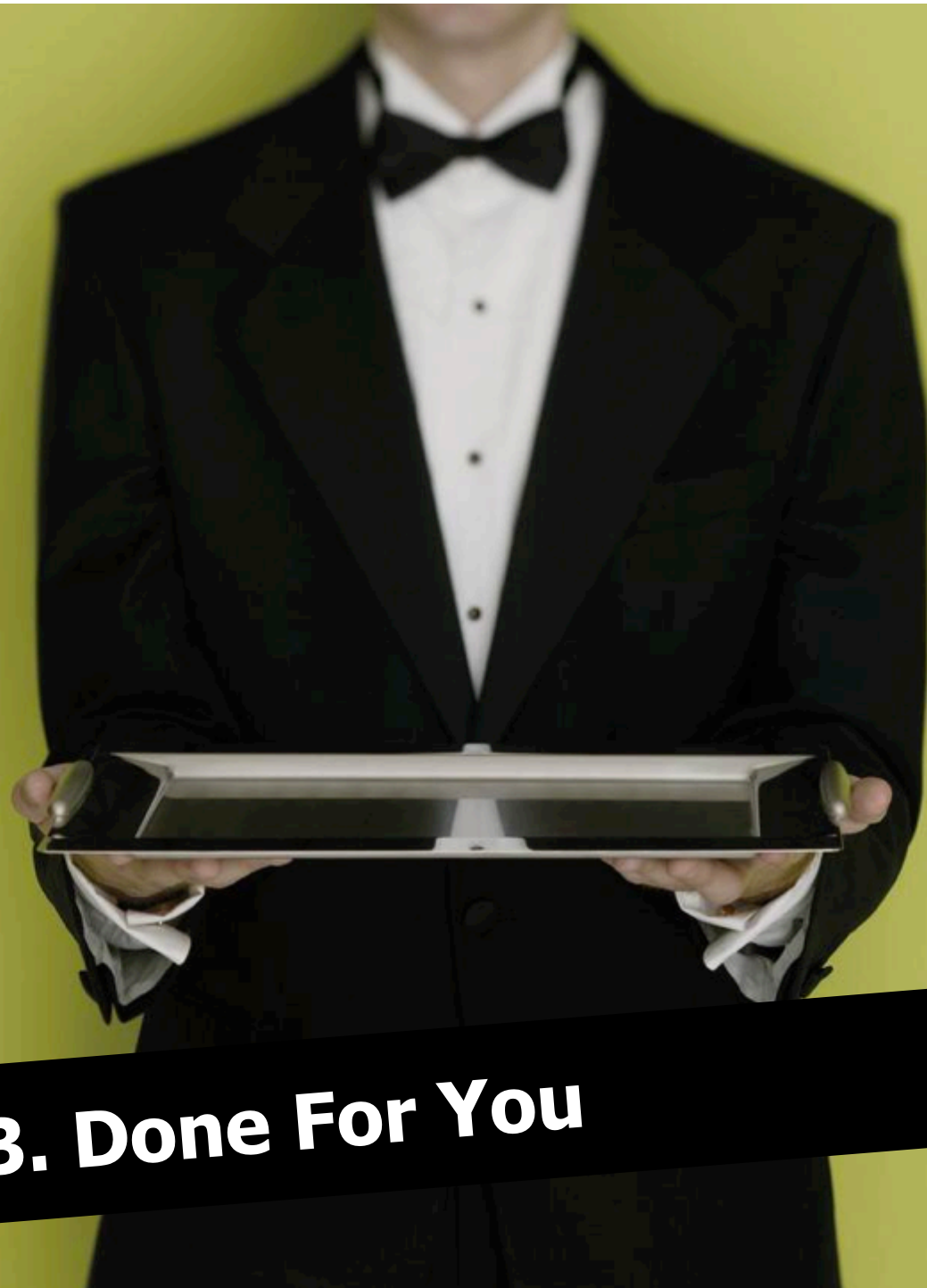
5 Things That Hinder Resilience



1. Cotton Baling



2. Swooping Saviours



3. Done For You



4. Unrealistic Utopia



5. Pressure To Perform



Reflection Time



7 Keys To Resilient Young People



1. Presence and Connection

Relationship, Relationship, Relationship

The connection you have with your kids could be one of the most influential elements in helping them get through tough times in life.



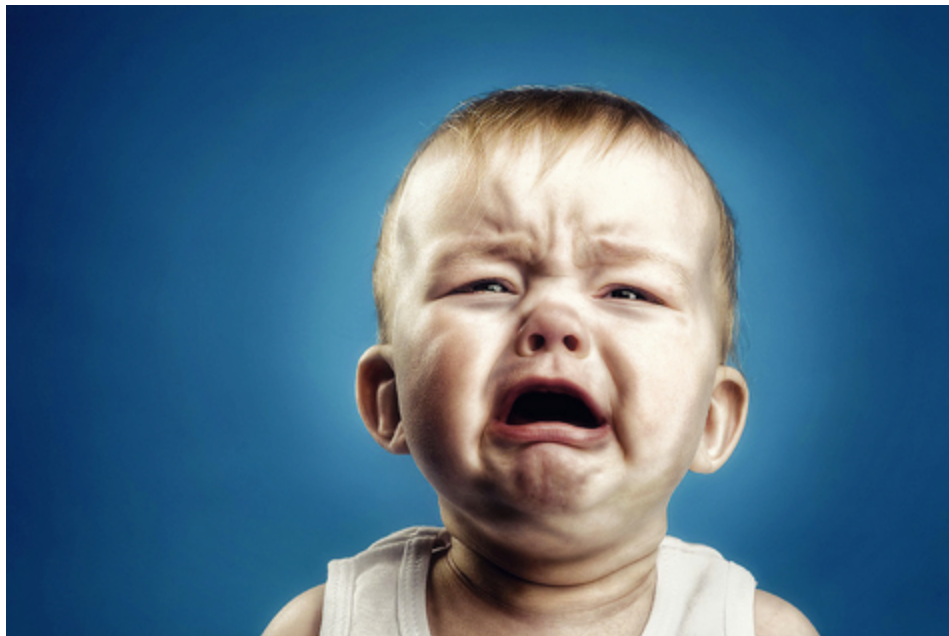
- Be fully present
- Relate on their level
- “I’ve noticed...”
- Fight for connection over correction
- Remember the 3 fears/questions
- Make them feel valued



2. Manage Yourself

Emotional Self Management Is Key To Great Connection and Influence

Your skills and competence as a parent can be completely derailed by an inability to manage your own emotions and responses when things get challenging



- Show your kids that their challenges and behaviours are 'a piece of cake'
- Create certainty + calm
- Model resilience + self management

Social + Emotional Learning Transforms Academic Performance, Social Interactions + Well Being

Durlak, Weissberg et al.'s recent meta-analysis of 213 rigorous studies of SEL in schools indicates that students receiving quality SEL instruction demonstrated:



- Better academic performance
- Better attitudes + behaviours
- Increased motivation to learn
- Reduced aggression
- Better classroom culture
- Reduce depression, anxiety + stress

3. Tune In



What You Tune In To Will Dictate What You Pick Up

As a parent your focus needs to be on what you want to see in your kids, your home and in yourself.



- Pygmalion + Golem Effects
- Self assessment
- Ask empowering questions
- Choose what you focus on
- What needs, fears, beliefs may be at play In behaviours?
- Attention + State

Growth Mindset Encourages Young People To Learn, Grow + Develop

When people have a growth mindset, they understand that intelligence can be developed. Young people focus on improvement instead of worrying about how smart they are.



- Strive to grow and don't shy away from failure, focus on the process.
- Put in energy and effort to learn and see growth as a challenge
- Confront and embrace uncertainty

Fixed Mindset vs. Growth Mindset

Based on the work of Dr. Carol Dweck

I believe that my **[Intelligence, Personality, Character]** is inherent and static. Locked-down or fixed. My potential is determined at birth. It doesn't change.

I believe that my **[Intelligence, Personality, Character]** can be continuously developed. My true potential is unknown and unknowable.

Fixed
Mindset



Avoid failure
Desire to Look smart
Avoids challenges
Stick to what they know
Feedback and criticism is personal
They don't change or improve

Growth
Mindset



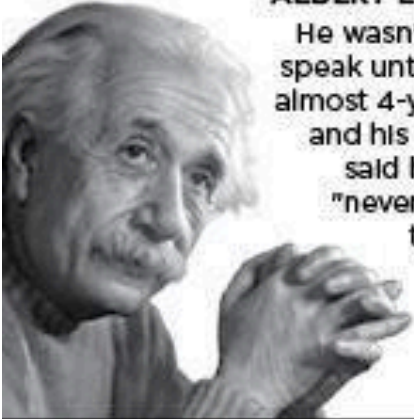


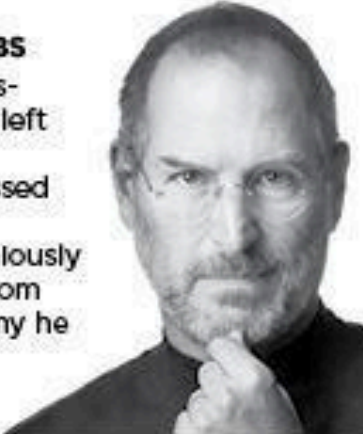
Desire continuous learning
Confront uncertainties.
Embracing challenges
Not afraid to fail
Put lots of effort to learn
Feedback is about current capabilities



Encourage Failure

4 F's of Failure – Frequently, Fast, Forwards, Fun

FAMOUS FAILURES

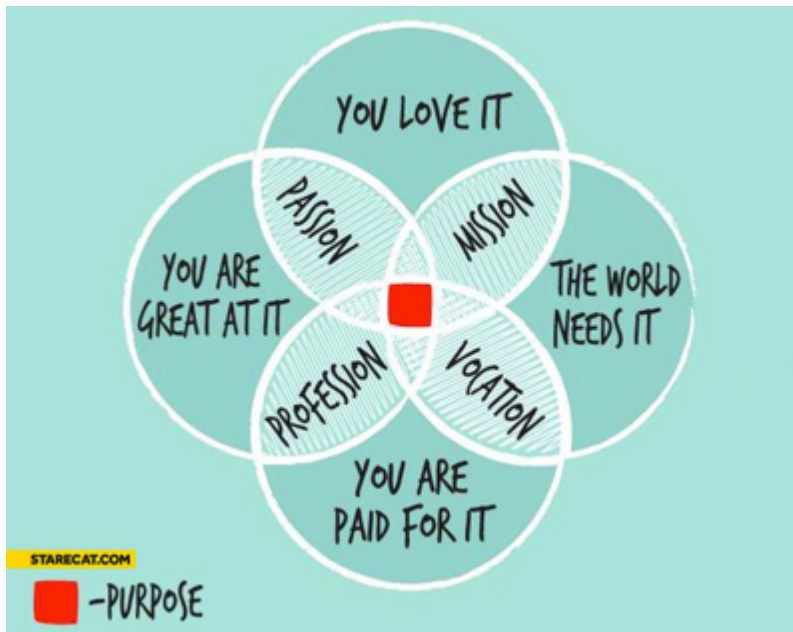
 <p>ALBERT EINSTEIN He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much"</p>	 <p>MICHAEL JORDAN After being cut from his high school basketball team, he went home, locked himself in his room, and cried.</p>
 <p>WALT DISNEY Fired from a newspaper for "lacking imagination" and "having no original ideas."</p>	 <p>STEVE JOBS At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.</p>



4. Tap Into Passion and Purpose

Passion and Purpose Enables Motivation and Meaning

Passion gives us energy when we need to work hard to reach our goals. When things get tough passion is the driving force which will help young people keep going.



- What does your young person love – encourage them to discover their passions.
- Connect learning and development to future purpose
- Purpose comes from finding an opportunity to contribute to a cause

5. Enable Contribution

(give)

The Power Of Contribution

“...we scientists have found that doing kindness produces the single most reliable momentary increase in well-being of any exercise we have tested.”

- Martin Seligman, Founder of Positive Psychology



- Social contribution
- MAD projects
- Helping others
- Random acts of kindness

6. Foster Potential and Positivity



Help Your Children Discover The Seeds Of Potential Within Them

Create environments which allow for and encourage your young person to discover and unpack their skills, talents, passions and potential



- Self discovery
- Stretching beyond their comfort zone
- Try new things
- Experience new cultures
- Expand their horizons

Positivity can act as a guard around young people against criticism, rejection and bullying.

A young persons sense of realistic optimism and self esteem is built on two things:



1. **Competency** (relates to potential and practice) –
“I am capable because I can do stuff”
2. **Communication** from trusted adults –
“I am capable because people say I am.”



7. Strength Focus

Find Your Strengths and Use Them

“...people who felt they were using their strengths have more positive emotion, greater vitality and self-esteem, compared with people who did not feel they used theirs.” - UK Study



- Identify skills
- Learn about personality types and different ways of expression
- Love languages



"I don't think she's sick..."

THANK YOU!

DOWNLOAD



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www.nathanhulls.com/resilientyoungpeople