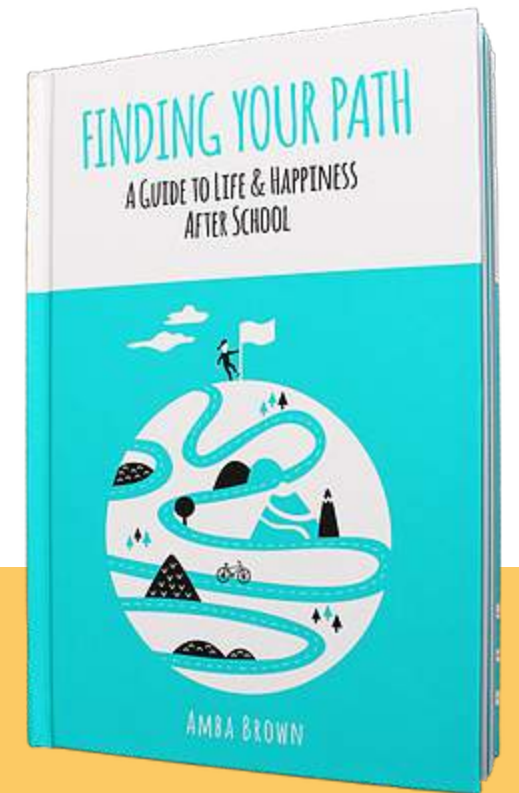
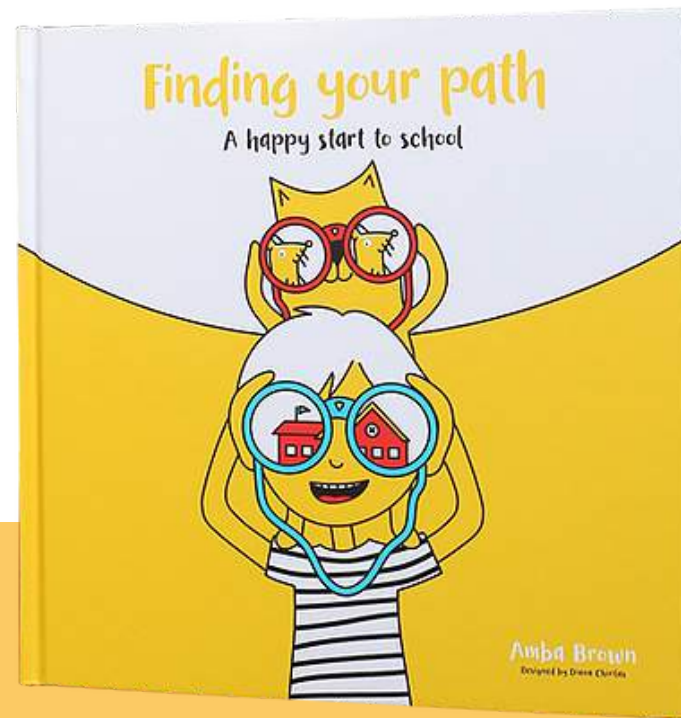


# Finding Your Path

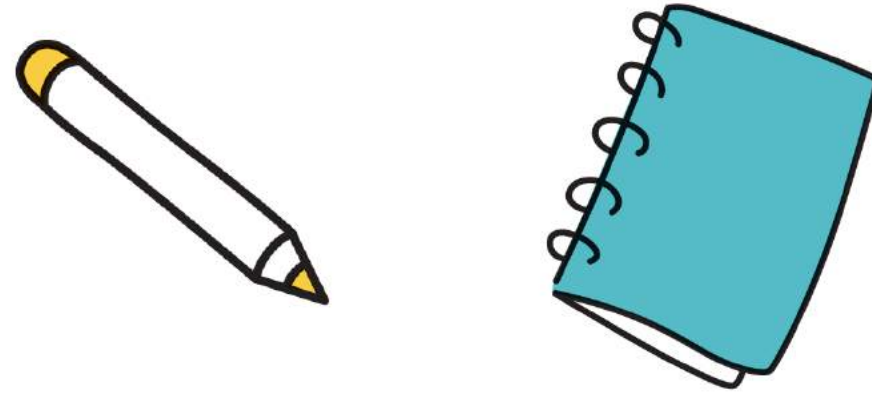
AMBA BROWN

Helping Young People Transition through  
Educational Stages





Me



# Today

- Explore ‘Positive Transitioning’
- What it is & why we need it
- How we can apply it to support the major transitions of youth

The Ice-breaker



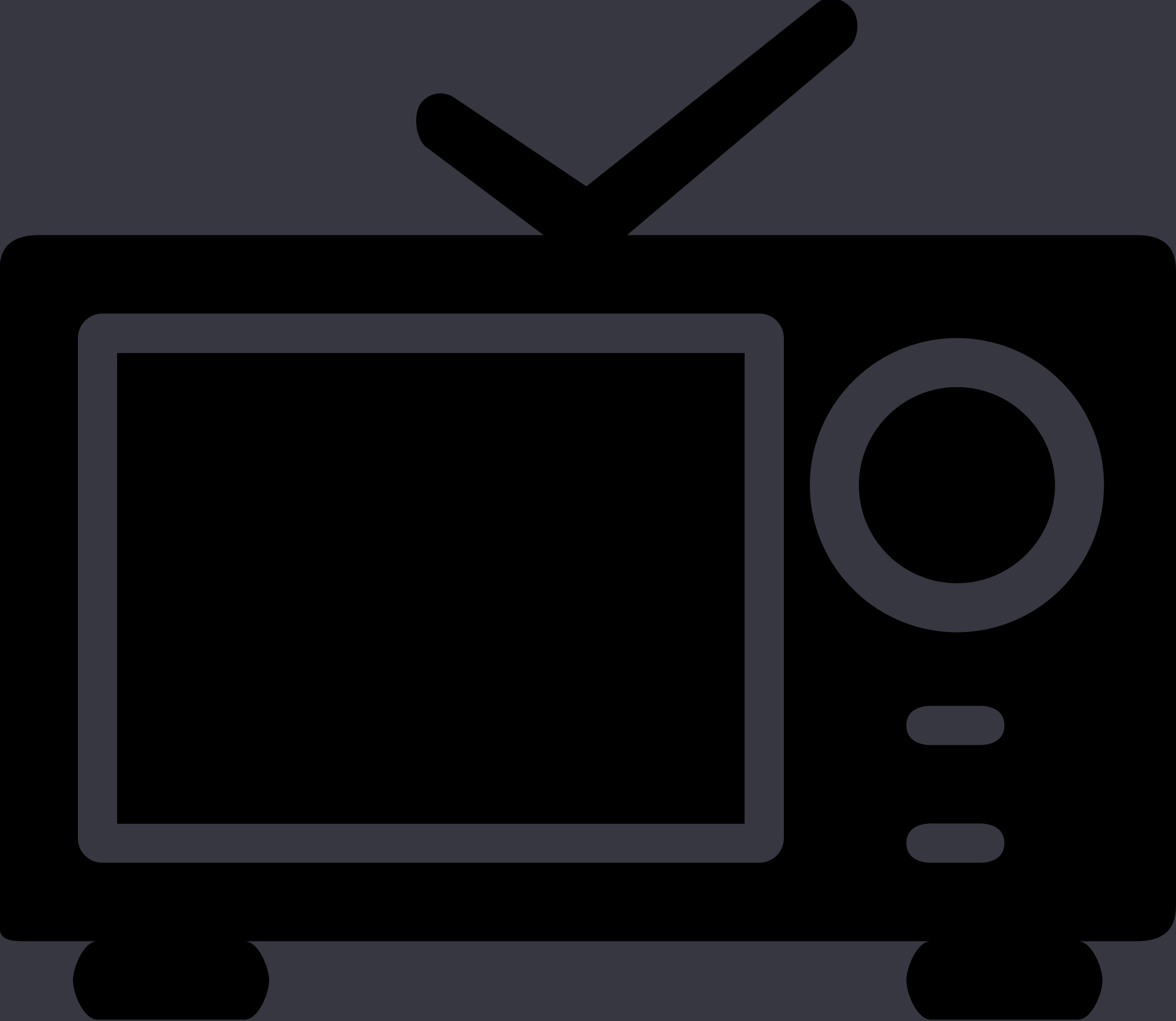
**Vulnerability is the  
only bridge to build  
connection**

BRENE BROWN



# Share

- Name?
- Most challenging transition?
- Why?



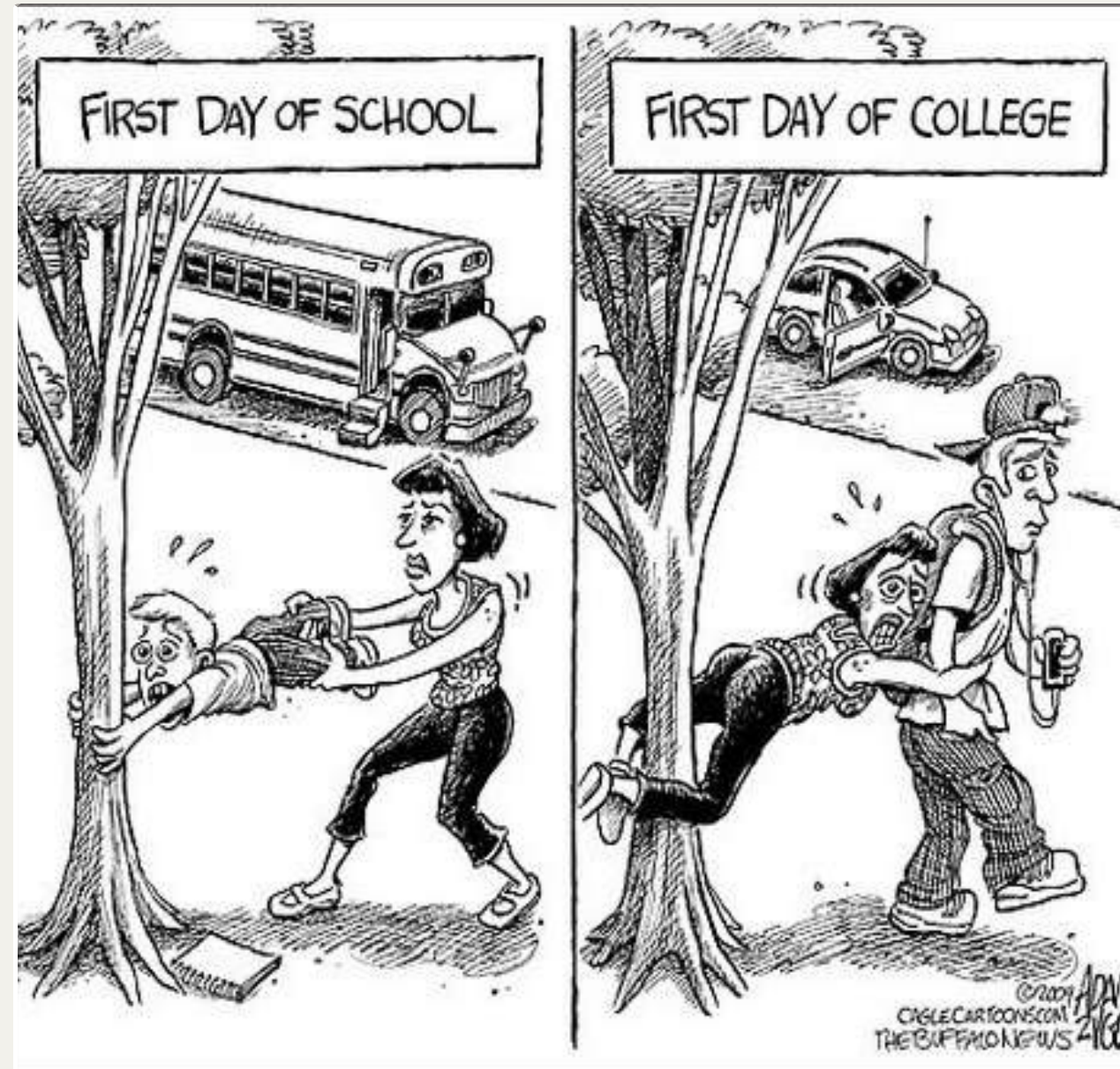
# Our mission

To implement 'Positive transitioning'.  
That is, to positively prepare and support youth  
through their expected life transitions.



## Working psychological def'n

Positive Transitioning: “The study of the conditions & processes that contribute to the flourishing or optimal functioning of people, groups, & institutions when undertaking the process or period of change from one state or condition to another.”



First day...



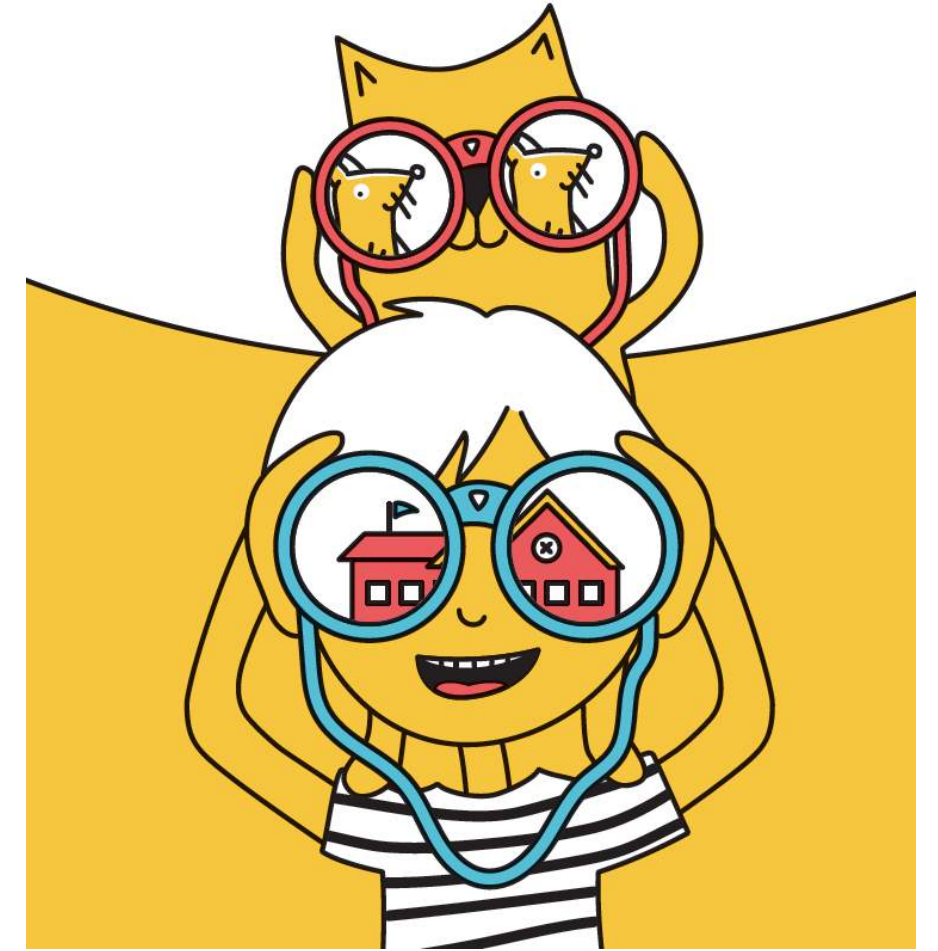


# Why?

"Poor transitions can negatively impact on academic outcomes. These negative changes are not inevitable.

Schools that implement solutions to these issues in the form of an extensive transition process can overcome these setbacks and set them on a trajectory for long-term success." - **Victoria State Government**

# The GPS Model



# The GPS Model



Guiding Pillar:

Information used  
to prepare  
students for  
change

- Information
- Skills
- Builds confidence

# The GPS Model



## Psychological Pillar:

The emotional toolkit used to equip students for change

- PERMA
- Growth mindset
- Builds resilience

# The GPS Model



Social Pillar:

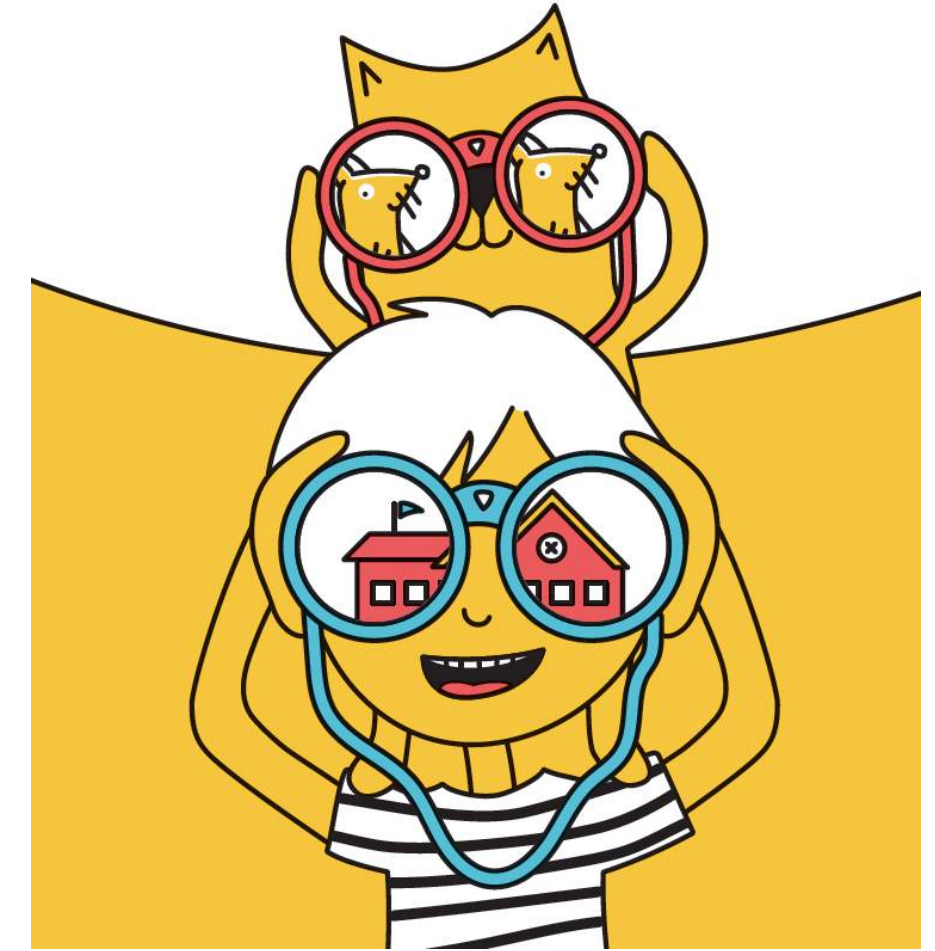
Social networks

role in supporting

the change

- Key people
- Social connection
- Builds a sense of belonging

# The GPS Model



**What are  
we doing?**

**Where are  
the gaps?**

**How can  
we fill  
them?**



# Tools to support the transitions

\* Starting school

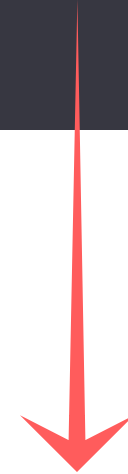
\* Starting high school

\* Finishing school



\* Optimism

Parents



\* Achievement

Teachers



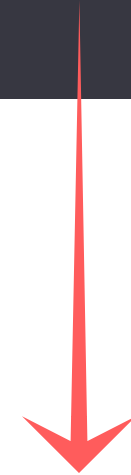
\* Meaning

Students

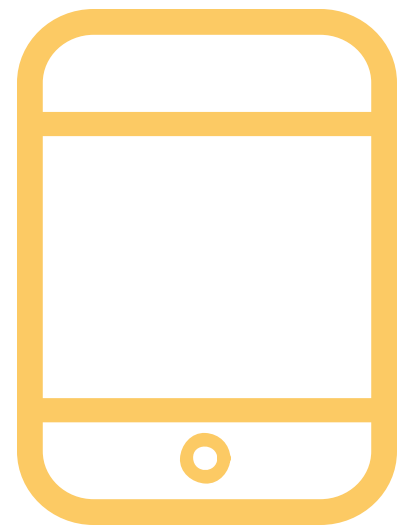


# Tools to support the transitions

\* Starting school   \* Starting high school   \* Finishing school



Emotional awareness + Positive emotion



# Keep in touch

Feedback & resources:  
[findingyourpathbooks.com](http://findingyourpathbooks.com)

or, email:  
[amba@findingyourpathbooks.com](mailto:amba@findingyourpathbooks.com)



**Thank you!**



"Hooray!!"