**VCE & VM WELLBEING**

**Resilience, Mindset, Success**

*Get ready to feel empowered with the knowledge and tools for a*

*successful, well-balanced journey through VCE/VM.*

*The final years of high school are a crucial phase in the academic journey. Students must navigate significant exam and study pressure with growing independence and the life challenges of a young adult.*

*Together, we will explore the common challenges that Year 11 and 12 students and their parents’ encounter and focus on the importance of mental health.*

*The session builds a toolkit of evidence based, practical strategies for academic success and emotional well-being.*

**We will cover:**

**✅** What pressures to expect with increasing academic demands

✅ Sources of unhelpful stress, including thought patterns, negative beliefs and habits that get in the way

✅ How to identify and manage stress

✅ The importance of setting realistic goals

✅ Strategies to beat procrastination

✅ The importance of a balanced lifestyle in maintaining mental well-being.

✅ Skills to build effective and sustainable study habits that promote success.

This presentation is designed to be a valuable resource for VCE/VM students and their parents/carers as they navigate the intricacies of this important academic phase.

It is an interactive session, providing participants with 15 minutes at the end of session to ask questions.

Get ready to feel empowered with the knowledge and tools for a successful, well-balanced journey through VCE/VM.

**About your presenter:**

[Dr Amanda Mullin](https://www.linkedin.com/in/dr-amanda-mullin-2442912/) is the founder of [Think Differently](https://www.think-differently.com.au/dr-amanda-mullin-speaker-psychologist/), and of [Mindworx Psychology](https://www.mindworxpsychology.com.au), a multiple award-winning Psychology practice focused on changing millions of lives. Her mission to change millions of lives for the better through mental health education.

A popular speaker, Dr Amanda is a parent herself, as well as a cancer survivor. She brings compassion, humour and understanding of the very real challenges faced during times of increased stress.

As a Doctor of Clinical Psychology with experience helping thousands of clients, Dr Amanda brings a pragmatic, skills-based approach to the building of positive mental health. Her presentations are informative, engaging and purposefully filled with practical tips to help you achieve your goals.

**Event Details**

**Hosted by**: Kingston Youth Services

**Date**: Thursday 20th March 2025

**Time**: 7:00 – 8:00pm

**Format**: Zoom

**Ticket Price**: Free

**Registration**

Please follow the link below or scan the QR code to register:

<https://www.trybooking.com/CZGXH>



**Contact**

For any further information, please do not hesitate to contact us:

Email: bec.marquis@kingston.vic.gov.au or Phone: 1300 369 436