ABSA
TRAINING
ACADEMY
Boarding Professional Development

ON DEMAND CERTIFICATE COURSE



80
PD POINTS

Brain, Behaviour & Belonging in Boarding

Young people who live in boarding environments bring far more than their luggage through the boarding house doors. They bring their experiences, relationships, strengths, fears, hopes and developing nervous systems. Every interaction with the adults around them can influence how safe, connected and supported they feel.

For many years, behaviour has been viewed primarily as something to manage or correct. However, advances in our understanding of the brain and nervous system invite us to look beyond behaviour and ask a different question: What is this young person experiencing, and what do they need from me right now?

Brain, Behaviour & Belonging in Boarding is a four-part certificate course that examines behaviour through a brain and nervous system lens. Rather than focusing solely on behaviour management, the course gives boarding staff a deeper understanding of how stress, relationships, belonging and emotional safety shape the way young people think, feel and behave.

WHEN:

4x 45 minute sessions
November 3, November 10,
November 17, November 24

WHERE:

ABSA Online Learning Platform

WHO:

All Boarding Staff

COST:

$275 inc GST per person -
not part of webinar bundle

HOW:

Register Online:
www.boarding.org.au/training-academy/certificate-courses/registration

TRAINING ACADEMY
Boarding Professional Development

QUITE FRANKLY Coaching
Reconnecting kids with who they really are

Cancellation Policy
Cancellations received one week prior to commencement date will not be charged. Cancellations after this date will be given no refund, however registrations may be transferred.



ABSA TRAINING ACADEMY

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Course Details

Certificate Courses

As part of the professional learning opportunities offered by ABSA there is a range of Certificate Courses specifically aimed at professionals working in boarding schools. These certificates concentrate on one key aspect of learning and provide those undertaking the courses with in-depth knowledge of the topic. These also allow participants to obtain Continuing Professional Development points, ensuring the requirement of the Boarding Standard for Australian Schools and Residences to take part in continuous boarding specific learning can be tracked.

Objectives and Achievement Criteria

Across the four sessions, participants will:

- Develop an understanding of the brain, nervous system and their influence on behaviour.
- Recognise behaviour as communication rather than simply compliance or defiance.
- Understand how safety, belonging, and relationships shape emotional wellbeing.
- Recognise the signs of dysregulation, emotional overwhelm and shutdown.
- Respond to students using practical strategies that promote regulation and emotional safety.
- Strengthen communication that supports connection while maintaining appropriate boundaries.

Course Structure

Session 1: Understanding Behaviour Through a Brain and Nervous System Lens

Session 2: Creating Emotionally Safe Boarding Environments

Session 3: Responding to Dysregulation, Shutdown & Emotional Distress

Session 4: Supporting the Adults: Staff Wellbeing, Regulation & Sustainable Care

Elements

- Webinars
- Readings
- Quizzes
- Tools and Resources

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AUSTRALIAN BOARDING SCHOOLS ASSOCIATION
Making Boarders' Lives Better

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