

TRAIN THE TRAINER

Delivering Early Intervention Resilience Programmes

NEW DATE Friday 20th April 2018

9:30 - 16:30

Brooke Weston Academy



SPECIAL OFFER
Bring a second staff member from your school
FREE of charge

YMCA has been supporting young people in the UK for over 150 years. During the last 30 years it has developed extensive expertise in positive mental wellbeing which builds on its world-leading physical health programmes.

To address the overwhelming tide of negative pressures impacting wellbeing in both pupils/students and teachers, YMCA has developed a series of Train The Trainer programmes to equip staff with the tools they need to help pupils, students and themselves.

Outcomes

- Increase awareness, and apply a variety of tools and theories in relation to mental health needs
- Understand your roles and responsibilities in creating a positive mental health culture
- Use assessment tools to identify need and suitability
- Apply knowledge to deliver pre-written semi-structured group work resilience programmes to those at risk
- Primary: Separate KS1/2 modules in Emotional Management, Self-Esteem & Confidence, Social Skills and Yr6 Transitions
- Secondary: KS3/4 versions of the above (Inc. Yr7 Transitions), plus KS3/4 Mental Health Awareness Programme covering Introduction, Food & Mood, Stress & Physical Activity, Body Confidence, and where to go for help
- Receive follow-up clinical support, on-going updates and resources, peer support opportunities and further advice through the licensing arrangement - plus access to direct clinical interventions for those in most need.

Course Information

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| Dates and times | NEW DATE Friday 20 April 2018 9:30 - 16:30 |
| Venue | Brooke Weston Teaching School Alliance Coomb Road, Corby Northamptonshire NN18 8LA |
| Course cost: | £150 per person (+ VAT) (2nd person FREE) |
| Licensing cost (per school):* | Banding Codes and Annual License Costs |
| Primary Schools | B1=£300; B2=£350; B3=£400; B4=£450 |
| Secondary Schools | B5=£450; B6=£525; B7=£600; B8=£675 |
| Additional Programme | Cost |
| Annual Refresher Training – 1 day (optional) | £150 per person (+ VAT) |
| Booking details: | Contact lisa.smith@ymcatrinity.org.uk for a booking form or call 01733 373187 |

* This gives you access to the schemes of work to deliver resilience programmes as many times as you wish to pupils at risk. A minimum commitment of 3 years is required.

For more information about the programme, banding codes, and benefits [click here](#).
For more information about YMCA's direct interventions, [click here](#).

www.ymcatrinity.org.uk
www.brookewestonteachingschool.org