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## Summerhouse Services

'Supporting Brighter Futures'

### Practitioner Training One Day Workshop



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## 'Active Ears'

**Student-Centred, Active Listening Approaches For Promoting Children & Young People's Mental Health, Resilience & Learning**

**Monday 17th October**

**10.00 - 3.30**

**Cost - £75.00 pp**

**Lunch & Other Refreshments Included**

**Venue - Saltash Social Club . The Mansion . Fore Street . Saltash PL12 6JL**

Listening 'actively', with empathy, compassion and clear boundaries has been proven to be one of the most powerful, safe and effective ways of .. supporting personal mental health and wellbeing .. de-escalating and diffusing intense emotions including anxiety and panic and the urge to self harm in different ways, as well as suicidal feelings. Effective listening also builds self worth, self image and confidence .. improves memory, retention and concentration .. facilitates problem solving .. promotes healthy relationships **and is key to creating an effective learning environment, as prescribed by the DFES and within all Safeguarding, SEND and Behaviour Management Policies and used by the Samaritans, Mind, NHS among others).**

We all like to think we are naturally 'good listeners'; however, unless we have had some training and observed practice and feedback in the techniques and principles of 'active listening' and an awareness of the need to listen 'with your whole self', there is always lots of room for improvement !

The art of active listening is a 'job for life' and this preventative, supportive, practical and enjoyable workshop will help you get on the road and begin the process of equipping you with straightforward, powerful skills with which to develop your listening confidence and holistically, safely and effectively facilitate a supportive world for all children and young people's mental wellbeing, resilience and learning.

This workshop has been designed in response to identified need and consultation with young people, practitioners, parents and carers and offers the opportunity to address areas that fall within the Healthy School, Safeguarding, SEND, Restorative Practice and Whole School Approaches.

#### **Outcomes**

- Identify the Stage 1 Active Listening Skills & how to apply them to a supportive listening intervention.
- Explore the differences between offering counselling and a supportive approach and identify the risks of confusing the two.
- Define personal and professional boundaries and clarify their relationship to safe and effective working with children and young people
- Undergo observed practice in the Stage 1 Active Listening Skills and receive constructive feedback from fellow learners and the tutor.
- Understand the benefits of using 'orbital' active listening techniques and how to employ these and the three 'core conditions' of the person-centred approach to facilitate a symbiotic (mutually beneficial for pupil and practitioner) student-centred learning environment.
- Understand and practice the principles of the simple, 3 step Egan's Skilled Helper model and how to utilize them as a toolkit when supporting children and young people with learning, mental health and resilience needs.
- Identify avenues for further training and support for Practitioners, Parents, Carers and young People.

## Some Feedback From Workshops 2021 - 2022

*'I never realised how much was involved in listening properly ! It has made me much more aware of how to support young people well.'*

*'This is ground breaking stuff ! It is clear to me how this could be implemented as a whole school approach and it was also a very informative, enjoyable and challenging workshop! Thank you'*

*'I was one of those people who thought I was a 'good listener' ! Now I know that I have a lot to learn and it is much harder to do effectively than I ever imagined ! Thank you to Penny for a really helpful, relevant and enjoyable day !'*

*'It was really interesting to understand how the unique 'orbital' approach helps to engage and help young people so effectively. I can't wait to start using this in my work and will definitely come to more workshops from Summerhouse! Thank you.'*

*'This is a new approach and so achievable and everyone needs to know about it ! Today I heard the words of the young people Penny and Summerhouse work with and it has made it glaringly obvious that there is a big gap in basic training and ongoing CPD for all educational and pastoral staff. Excellent ! Thank you !'*

*'A brilliant day ! Very informative, professional and enjoyable ! I would definitely recommend Summerhouse Services'*

### Testimony From Lee, A Plymouth School Practitioner 2021

*'I completed an Active Listening Skills workshop with Penny a number of years ago. I'm so glad I did as it helped to transform my practise and enhance my skills. To learn how to sit correctly, hold my body and perform active listening skills, has enabled the children I work with and support, to feel listened to and valued.*

*For me, even to know it is ok to have silence and to not feel the need to fill the gaps, really helped. I also realised I don't have to know all the answers and that's ok too.*

*Thank you Penny for helping me to be the best that I can be. I am eternally grateful.'*

### Booking Details

**Cost - £75.00 pp**

**Venue - Saltash Social Club . The Mansion . Fore Street . Saltash . PL12 6JL**

(Free Parking On Site)

For bookings or enquiries please contact Penny on any of the details below. You can also follow this link to the online booking form <https://summer-house.org/workshop-booking-form>.

### Contact Details

(Please note this is not the venue address)

**Penny Logsdail**

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