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## Summerhouse Services

'Supporting Brighter Futures'

### Practitioner Training One Day Workshop

### 'Trigger Happy'

Empathic, Student-Centred, Effective & Fun Approaches

To Help Children & Young People Cope With Stress & Anxiety



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Thursday 10th November

£60.00

10.00 - 3.30

Cost - £60.00 pp Virtual Offer

This much anticipated and requested workshop has been designed in response to identified need, predominantly from young people, parents and carers and also practitioners themselves, to be equipped with easy, fun, quick to learn, inexpensive and effective tools and supportive approaches with which to help young people cope with anxiety and stress and its holistic manifestations ! It offers you the opportunity to learn techniques and approaches, some of which are taken from the highly regarded workshops and programmes that we have delivered to young people, parents and practitioners this year. Here is feedback from 2 young people reflecting on how the techniques gained from a 3 hour workshop helped them.... *'The workshop was brilliant; we used all the techniques before and when we were doing our exams and we both felt really calm and could concentrate much better..... I am on the school council and I am going to tell them that I think this should be available to all 6<sup>th</sup> formers and also further down the school. It would really have helped me in Year 10 and 11 too. Thank you !'*

Feedback has been gained from hundreds of young people, following delivery of our highly regarded DRIFTS Resilience Programme and 'Coping with Exams' and 'After Maths' workshops over the last 12 months. You will hear what **really** helps young people to feel supported, together with what is less helpful and how this inhibits learning and exacerbates their stress and anxiety.

Outcomes fall within the Healthy School, DFES, Safeguarding, SEND and Whole School Guidance. Groups are small, friendly and relaxed, using creative and engaging approaches throughout.

#### Outcomes

- Empathically explore the spectrum of experience young people face regarding anxiety and stress and the impacts on their resilience and mental, physical, emotional and behavioural health.
- Increase insights into anxiety and stress as a natural, healthy response to life experiences and the impact of environments on this, including the issues of 'celebrity and mental health' and 'school environmental factors'.
- Understand how to create 'orbital', neutral, positive and student-centred supportive spaces, climates and interactions ,for young people, to address stress and anxiety and thereby promote symbiotic (mutually beneficial) relationships between practitioners and young people in groups, classrooms, one to one and in other youth settings.
- Explore the relative benefits of offering young people generic, non-targetted support and how this impacts positively on their stress and anxiety and other mental health issues and facilitates safe working practices.
- Gain techniques, toolkits, tips, 'tapping' and tricks that young people themselves acknowledge as being helpful, safe, fun and effective in coping with stress and anxiety.
- Realise the importance of the ability of those adults in a young person's orbit to manage their own stress and anxiety effectively, for promoting safe and appropriate responses to them.
- Acquire local and national signposting options to support young people and practitioners safely and effectively and avenues for further holistic training.

## Feedback From Young People That Have Accessed Programmes And Short Workshops Using This Approach.

*'I have learnt lots of different ways of managing my stress that I will definitely use them to help me. Tapping was my favourite.'* Year 12

*'I felt really validated when my view was read out anonymously in the group.'* Year 13

*'This is the favourite workshop of this type I have ever been to. Thank you.'* Year 12

*'Much better than expected. I felt heard and comforted to know I am not alone in my feelings'* Year 11

*'I really look forward to coming and it has really helped me. I don't know why but it has. I come along and listen and sometimes I join in and sometimes nothing much happens in the session but it really helps me.'* Year 8

*'Thank you for helping me learn about how my body responds to stress and anxiety and what I can do about it . It has been really good and I want to do a part 2. I loved the tapping.'* Year 10

### Booking Details

**Cost - £60.00 pp**

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> . An invoice for the balance will be sent to you.

### Contact Details

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