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## Summerhouse Services

'Supporting Brighter Futures'

### Practitioner Training One Day Workshop



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## 'Anger, Children, Young People & You'



Friday 30th September

10.00 - 3.30

Virtual Offer - £60.00

Your virtual experience will achieve the same outcomes as our face to face offer and will remain informative, interactive, engaging and enjoyable !

An ideal workshop for those with no awareness of this subject, together with those that support young people generally, or who demonstrate issues with anger. Those attending can expect to gain awareness, from a humanist and holistic perspective, of anger as a normal and healthy emotion.

You will 'look beneath the surface' of a young person's world, who may be experiencing difficulty in dealing with conflict in different ways and gain empathy and insight for those children and young people that are often labelled as 'difficult', 'challenging', 'troublemakers' or 'bullies'.

You will have a safe space in which to explore your own issues with conflict and understand how this can impact on how you support others with these difficulties. In doing so, you will build your capacity to use student-centred approaches to engage positively with young people, to help them diffuse and resolve conflict situations safely and appropriately, **without** the use of positive handling or other physical contact techniques. You will also hear feedback from young people as to what hinders and helps them cope with their anger, from their point of view !

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

### Outcomes

- Explore anger holistically, as a healthy and natural emotion.
- Empathically consider the experience of a young person who has difficulty in managing anger.
- Establish the link between a young person's way of dealing with conflict and their emotional and mental world.
- Reflect on your own responses to anger and conflict management style and the impact these have when supporting young people with anger issues.
- Distinguish between helpful and unhelpful ways of responding to conflict situations and explore the issues around using 'consequences' and potential alternatives to these.
- Develop supportive, generic and informed interventions to address the self-esteem and resilience needs of young people who may have problems handling their anger.
- Learn ways in which to safely and effectively diffuse conflict situations using student-centred, orbital and non-contact approaches to facilitate symbiotic (mutually beneficial) outcomes.
- Identify avenues for seeking support around the issue of conflict, as well as pathways for further training and support for practitioners, young people and their family and friends.

## Some Feedback From Previous Workshops

*'Fantastic ! Highly professional and very enjoyable; thank you !'*

*'I loved the friendly, chilled but professional approach. It has helped me feel more confident supporting others.'*

*'I will definitely try and employ the straightforward approaches that the workshop has offered...Thank you .'*

*'A great day that has really helped me understand how I can modify my approach to the young people I support. Even on Zoom it was really interactive and enjoyable ! Thank you.'*

*'Great tutor, inspiring, fun, enthusiastic and reassuring; kept me on task, thanks.'*

*'Excellent ! I gained a lot more than I expected from the workshop and Penny makes the virtual offering both enjoyable and interactive ! Thank you.'*

*'Today has given me a new understanding and insight into the world of the young people I work with. I feel much better equipped to help them in a way that feels comfortable for me too. Thank you !'*

*'This training is filling the gap in my professional development that I have been looking for for a long time. Thank You !'*

## Booking Details

**Cost - £60.00**

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 and please make cheques payable to **'Summerhouse Services'**

This workshop uses the Zoom video conferencing platform for delivery. If you require any support installing Zoom or accessing the meeting, please contact me prior to the date for free support in this. Your booking confirmation will contain the invitation link to join the workshop.

## Contact Details

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