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## Summerhouse Services

'Supporting Brighter Futures'

### Practitioner Training One Day Workshop



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



**Tuesday 3rd May**

**10.00 - 3.30**

**Virtual Offer - £45.00**

While this workshop is usually delivered face to face, your virtual experience will achieve the same outcomes 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 that 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', or 'troublemakers'.

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.

This workshop has been designed in response to identified need from C&YP practitioners 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 and the impact they have on your professional roles.
- Distinguish between helpful and unhelpful ways of responding to conflict situations.
- Develop supportive and informed interventions to address the self-esteem and resilience needs of young people with anger issues.
- Learn ways in which to safely and effectively diffuse conflict situations using student-centred, non-contact approaches.
- Identify avenues for seeking support around the issue of conflict, as well as pathways for further training and support for Practitioners, young people, parents and carers.

## 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 ....nice lunch ! Thank you .'*

*'A great day that has really helped me understand how I can modify my approach to the young people I support. 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 !'*

*'Surprisingly enjoyable and very informative, Definitely recommend. A++!'*

## Booking Details

### Cost - £45.00

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> . Invoices for the balance can be sent to you, or 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.

Upon booking, please supply an address to which a small resource pack can be sent prior to the date to enhance your training experience. All handouts will be sent to you electronically after delivery as some of the activities are based on quizzes and guessing games. We therefore do not want to give the answers away to you beforehand ! We hope you find the day informative and enjoyable and welcome all constructive feedback.

NOTE: If you would like this workshop delivered to groups at your school or agency, the cost per group is :-

**In Person** - £850.00 for a cohort of up to 16 within the 'PL' postcode.. A small uplift of £25.00 will be added for venues outside of this catchment to support fuel and travel time costs.

**Virtual** - £420.00 for a group of up to 10.

## Contact Details

(Please note this is not the venue address)

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