

Mindfulness and working with anger

Date: Thursday, 5 September 2019 (Edinburgh)
 Thursday, 12 March 2020 (Perth)
Trainer: Jan Montgomery
Cost: from £89

 This workshop is designed for anyone working with children or young people whose levels of anger have become a source of concern.

It will explore mindfulness-based stress reduction and cognitive techniques to help regulate and manage emotions like anger and anxiety.

Key learning:


- Helping young people understand what anger is and where their anger comes from
- What the cognitive approach tells us about anger and what our brain does when we experience angry feelings
- The trigger, escalation and crisis phases in the Arousal Cycle
- Mindfulness exercises to help children manage their angry feelings.

"This training has given me a space to think and re-focus; re-phrasing and understanding the impact of my work with the young people in my own care."

*Delegate, March 2019
 (Mindfulness and working with anger)*

Mindfulness work with children and young people

Date: Thursday, 28 November 2019 (Glasgow)
 Thursday, 7 May 2020 (Aberdeen)
Trainer: Jan Montgomery
Cost: from £89

 This very practical workshop is an introduction to mindfulness, focusing on the origins of mindfulness and how it can benefit children and young people.

Key learning:


- What mindfulness is and what it offers children and young people
- How to explain mindfulness in a meaningful way to children and young people
- The link between regulating emotions and impulsive behaviour
- How to apply mindfulness techniques in your work with children and young people.

"Understanding the usefulness of the exercises and the thinking behind them allows me to know where and when to apply them to our work."

*Delegate, July 2019
 (Mindfulness work with children and young people)*

Mindfulness and autism

Date: Thursday, 30 January 2020 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89

 This workshop will discuss how autism affects the way a child communicates, interacts with others, processes information and the impact of stress on all of these areas.

You will learn how to use mindfulness-based stress reduction techniques to help children with autism self-regulate their stress reaction and increase their impulse control.

Key learning:

- How stress impacts on a child's thinking, emotional experience and behaviour
- How mindfulness can help children with autism and why
- Practising a range of techniques and developing programmes for individual children and groups/classes.



Practising self-compassion with children and young people

Date: Thursday, 26 September 2019 (Glasgow)
Thursday, 19 March 2020 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89



Having compassion means offering understanding and kindness to others when they fail or make mistakes, rather than judging them. Self-compassion means reacting the same way towards yourself. Children and young people are often their own worst enemies – their internal talk can be very negative and punishing, severely affecting the child's (mental) wellbeing.

This training workshop will help you teach children a positive and encouraging way of talking to themselves using a variety of practical techniques.

Key learning:

- Considering the cultural context we live and learn in
- Exploring what is meant by self-compassion
- Learning about the emotional regulation system
- Exploring ways to practise self-compassion skills and attributes, including mindfulness-based techniques.

Hidden dynamics: the emotional experience of working with children and adolescents

Date: Thursday, 14 November 2019 (Glasgow)
Trainer: Dr Debbie Hindle and Gita Ingram,
Human Development Scotland
Cost: from £89



Why do some children and adolescents affect us as practitioners more than others? This can interfere with our ability to think clearly about their needs and remain objective, or it can simply be unsettling or distressing to us as human beings. Repeated exposure to difficult emotional experiences can be part of the path to burnout. So how do we hold on to our intentions to be helpful, empathic and effective workers and carers?

This training will explore the 'hidden dynamics' in child and youth work which play out under the surface of the behaviour we can see and describe. It will provide ways of thinking from psychodynamic practice to be more aware of both the feelings of the child or young person, and also the strong reactions that are provoked in us as practitioners.

Key learning:

- Understanding what constitutes the 'hidden dynamics' between a worker and client
- How to re-think and re-frame difficult relationships with young people and their families
- Understanding our own responses, through reflective practice and awareness of the body and non-verbal reactions
- Learning to protect ourselves and our personal lives through enhanced self-awareness, and professional support from others.

Person-centred pathways: helping children be masters of their own future

Date: Thursday, 12 September 2019 (Edinburgh)
Thursday, 30 April 2020 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



This highly practical training will give you the tools to support children and young people in understanding where they are in life and what they want to work towards – whether it is in relation to their education, relationships, health or care.

You will gain an understanding of brain development and emotional regulation and have the opportunity to use the planning tools yourself.

Key learning:

- Understanding how future planning can help children and young people to find focus and motivation
- Learning to help children identify what is important to them, their strengths and who can support them
- Creating timelines for moving towards goals
- Understanding how the brain works and how we can open our perceptions to achieve more.

Managing children's anxiety in school

Date: Monday, 2 December 2019 (Glasgow)
Trainer: Colin Foley, ADHD Foundation
Cost: from £89



This workshop will explore what anxiety is and how it presents in children and young people in school. It will look at effective strategies for teachers and teaching assistants, including one-to-one, small group and whole class therapeutic approaches.

Key learning:

- Understanding anxiety and diagnosable anxiety disorders
- Identifying learners who may be particularly vulnerable
- Developing a whole-school approach to managing anxiety.

Relationships and the brain: helping children and young people build resilience

Date: Thursday, 5 December 2019 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



This workshop will focus on how the relationships that practitioners and carers build with children and young people, in good and challenging times, mould developing brains and can trigger positive changes to help build resilience.

Key learning:

- How our understanding of the brain should inform the way we view relationships
- The impact of trauma on relationships
- How to work with children and young people who have difficulties in forming relationships.

Attunement, empathy and wellbeing in children and young people

Date: Wednesday, 19 February 2020 (Edinburgh)
Trainer: Sandra Strathie, Glen Strathie Ltd
Cost: from £89



Attunement describes a harmonious and responsive interaction where those involved share positive emotions and cooperate with each other. This is a desirable state for children's and adults' wellbeing, growth and learning. It supports adults to judge the amount and kind of help that a child needs to be successful in learning and works equally well for those with a role in developing adults, carers or parents.

This training is for anyone working with children, young people or families who would like to learn how to promote attunement, empathy and wellbeing in the people they work with.

Key learning:

- The 'attunement principles' and how to use them
- Increased observation skills through using the attunement principles for the analysis of interactions
- The theories of adult/child interactions
- Self-assessment of your own attunement to others and analysis of your own patterns of communication.

NEW Mental fitness for children, young people and staff

Date: Monday, 3 February 2020 (Edinburgh)
Trainer: Douglas Sharp
Cost: from £89



Mental health is a key ingredient in helping children to become successful learners, confident individuals, and effective contributors to society. Without robust mental health, children and young people are at risk of encountering a range of difficulties. But how do we support the development of positive mental health? Can we help children and young people who are struggling to develop mental fitness? Can workers benefit as we learn and teach?

While this workshop does not train you to become a mental health professional, it will enhance your available toolkit to support the mental fitness of children and young people.

Key learning:

- Exploring what is meant by the term mental fitness and why it is used
- Introducing a tools-based approach to mental fitness, exploring interpersonal tools and relational approaches (empathy, presence, compassion, attunement), and intrapersonal tools (breathing, visualisation, self-awareness, self-assessment)
- Cultivating a culture of reflectivity
- Understanding the impact of toxic stress and early life adversity (adverse childhood experiences)
- Approaching children and young people with trauma in mind
- Secondary stress and self-care.

Leadership and management: attunement in leading, supervising, developing and mediating

Date: Tuesday, 28 January 2020 (Glasgow)
Trainer: Sandra Strathie, Glen Strathie Ltd
Cost: from £89



This training is designed for those who are responsible in some way for leading and managing others, and who would like to build on their effective communication and leadership style and skills. You will look at how attunement can support the functions of leadership and management and explore team dynamics as well as managing effective, democratic meetings.

This training is based on an empowerment model for leaders by building on their own unique and effective styles.

Key learning:

- Understanding the key functions of leadership and management
- Gaining knowledge of the attunement principles for leaders and managers
- Chairing attuned and effective meetings
- Considering team dynamics and group work theory for developing teams
- Sharing experience of managing conflicts and gaining support through attuned practices.

Attuned group work with children and young people

Date: Wednesday, 13 May 2020 (Edinburgh)
Trainer: Sandra Strathie, Glen Strathie Ltd
Cost: from £89



This training will suit anyone who works with groups of children or young people or who is planning to start group work. It will suit those new to group work theory and practice as well as experienced practitioners.

The main focus of this training will be on the facilitation skills and knowledge base required to bring about cooperative, purposeful group work. The day will be highly interactive and will draw on your own experience.

Key learning:

- Understanding group work theory such as strategy, types of groups and processes that meet desired outcomes
- Designing exciting and creative groups through using whole brain activities
- Keeping groups on task through skilled guidance, scaffolding and managing conflicts
- Developing attuned interactions in groups through skilled facilitation and teaching
- Self-assessment of your own group work skills.

"Great mix of discussion, knowledge and interaction."

*Delegate, February 2019
 (Attuned group work with children and young people)*

The teenage brain: implications for behaviour and learning

Date: Thursday, 25 October 2019 (Edinburgh)
Thursday, 28 May 2020 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



This workshop will focus on the adolescent brain and how it develops. It will explore why teenagers behave as they do, how they learn, and how they make decisions about their lives. You will learn how best to engage in these areas to ensure our young people receive the support they need to become healthy and happy individuals.

Key learning:

- Brain development in adolescence
- The impact of hormonal activity on the brain
- The impact of stress chemicals on behaviour and learning
- Supporting young people with anxiety disorders, anger, aggression and panic attacks.



NEW Food for Thought: exploring how children and adults use food in looked after care

Date: Friday, 28 February 2020 (Edinburgh, am)
Trainer: Dr Ruth Emond, University of Stirling
Cost: from £45



This reflective seminar will raise awareness of the role food can play in the everyday care of looked after children and young people. You will explore what happens around food beyond nutrition: its symbolic meaning in relation to the values, interactions and communications that take place between adults and looked after children.

You will learn how powerful food can be as a means of communicating and you may start to see food differently. The seminar will give you an opportunity to build on existing knowledge and explore with others how food is used in varied contexts and with different carers. You will consider how you might apply this learning to your own care practice.

Key learning:

- Exploring the key concepts and issues involved in the symbolic use of food in looked after care
- Reflecting on the ways in which food is used by children and adults
- Understanding how food is used to communicate thoughts, actions, beliefs and relationships
- Thinking about food within the context of looked after care and how to apply this in your settings.

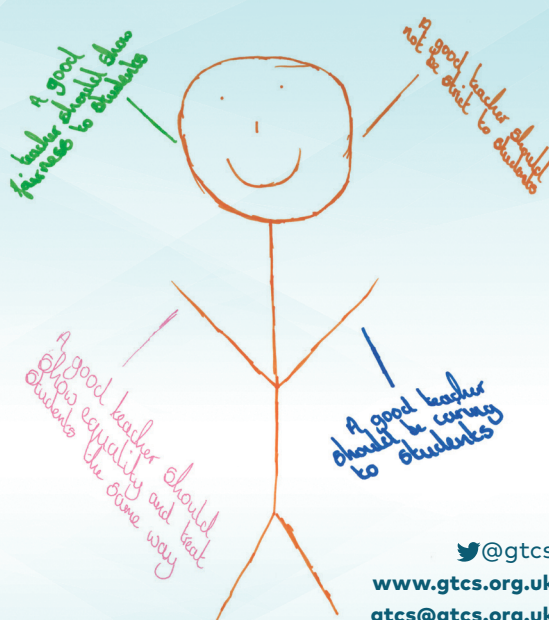
"If a teacher is kind, it travels across the class and puts everyone in a good mood."

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SCOTLAND

Children and young people had their say on what makes a good teacher in the *Review of the Professional Standards: The Experiences of Children and Young People*, completed by Children in Scotland as part of GTC Scotland's refresh of the Professional Standards for Teachers.

The report includes a series of recommendations that will inform the development of a new suite of Professional Standards and help to ensure that they are contemporary, relevant and reflect the demands of teaching, now and in the future.

Read the report here:
<https://bit.ly/2PLHvNW>



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