



Prince Bishops  
Teaching School Alliance  
Growing together



## Workshop for secondary school leaders Supporting children's mental health: Resilience – Wellbeing without Words

Wednesday 27th January 2016

Venue to be confirmed once numbers agreed

Prince Bishops Teaching School Alliance is working with leading school-based children's mental health charity, **Place2Be**, to offer a series of one-day training workshops for secondary schools.

**Place2Be** training provides participants with a deeper understanding of young people's emotional wellbeing and how it affects their behaviour - to help **increase your confidence** and provide **practical tools** to improve your work with children and families.

### Resilience - Wellbeing without Words

Some children and young people find expressing themselves through words difficult, which can make understanding their needs and building their resilience much more difficult.

This one day workshop focuses on developing listening skills and creative, non-verbal ways to communicate effectively with young people.

Participants will gain a deeper insight into children's behaviour by understanding more about their mental health, how they relate to adults, and how they communicate.

### What it covers:

- Self-awareness
- An introduction to attachment theory
- Skills to encourage emotional wellbeing
- Promoting resilience

### Duration - one day

Some adolescents find speech based communication a challenge which can make building resilience all the more difficult. This one day workshop focuses on building resilience with young people through mediums other than speech. Participants will gain a deeper understanding of behaviour through the exploration of mental health, attachment theory and communication skills such as creative listening.

### Workshop outline

#### Risk and resilience

- How can adults encourage young people's emotional wellbeing?
- How to help young people understand and verbalise their emotions

#### An introduction to attachment theory

- Behaviour as communication
- Attachment theory and the importance of linking emotions with behaviour

#### Thinking about a young person

- Linking attachment and risk and resilience
- How you as the individual/organisation can offer a good secure base

#### Active listening

- A basic tool in how we can support and promote a young person's resilience

The cost of the workshops is £200 per delegate



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**Cancellations:** All cancellations must be made in writing, in the event that you need to cancel this training, a cancellation charge will be incurred. Up to six weeks prior to the training, a full refund will be made. Within six weeks of the training date, a 50% charge will be made. The full cost of the training will be charged should the cancellation be made within 14 days of the sessions date.