



Summerhouse Services

'Supporting Brighter Futures'

Practitioner Training One Day Workshop

'Assertiveness, Young People & You!'

Assertive Approaches For Mental Health, Resilience And Symbiotic Learning Relationships

Wednesday 10th January 2024 - VIRTUAL

10.00 - 3.30

Cost - £75.00pp

NB. We always train in small groups to maximise benefit for our audiences

The word 'Symbiosis' came to us long ago from the Greek language and while some may be familiar with it in the context of scientific or ecological studies, the word simply means "state of living together". This experiential and practically based workshop offers the opportunity to explore and develop a diverse set of 'soft' skills to truly promote a range of benefits, not only for the children and young people you work with, but for yourself also in terms of self care and also support of your colleagues within busy and often stressful generic educational, pastoral or other youth environments.

You will have a safe, free-thinking and neutral space in which to work together, to gain empathic insights from a young person's view, into the power of Effective and Active Listening when coupled with assertive communication skills (the 'win/win' approach) to facilitate and support mental health, resilience and confidence in young people and yourself !

You will explore our unique approach of 'orbital responding and space creation', that thousands of young people have identified, over the 20 years of shaping this way of working, as being key in helping them feel safe to engage, learn, self-motivate, develop a sense of themselves and gain trust; thereby promoting autonomous change and improved relationships with their peers, families and you.

This workshop has been designed as always, in response to identified need from young people, practitioners, parents and carers, to fall within the Healthy School, Safeguarding, SEND, Trauma Informed, Thrive, Restorative Practice, Pace and Whole School Approaches. Groups are friendly and relaxed and training style is a transferable mix of human-centred, creative and facilitative approaches that encourage lively interaction and Never involve power pointeven over Zoom!

Outcomes

- Empathically understand the power of active listening and assertive communication and their links to mental health promotion, resilience building and learning.
- Intuit a range of potential beneficial outcomes of feeling heard, validated and understood and how these impact on your own working relationships and those of the young people you work alongside.
- Define, practice and receive feedback in active listening and assertive communication skills and widen awareness of how these relate to and promote mutually beneficial interactions (symbiosis) and also promote a collaborative conflict resolution style with others.
- Enter the world of young people today and build awareness of what helps and what hinders them from their perspective, thereby facilitating your own reflections on personal and professional barriers to and facilitators of effective supportive practice.
- Gain awareness of orbital responding techniques and acquire generic tools to help young people build their personal resilience levels and cope with stress, anger and anxiety.
- Acquire local and national signposting options to support you, young people and families.

Some Feedback From Previous Workshops

'It was amazing how much we covered in such a short time ! This approach is a complete game changer and I also feel that it is something that is achievable, not just for me but for everyone ! Thank you !'

'This is a really eye-opening workshop; informative, enjoyable and challenging ! Thank you so much.'

'I have already started putting the things into practice that we talked about and it is already making a big difference ! A fantastic workshop and I will definitely be coming to more training from Summerhouse !'

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

'A brilliant day ! Very informative, professional and enjoyable ! I would definitely recommend Summerhouse Services'

'Thank you. Just one day after the workshop I had a break through with a young person I support who is a persistent school refuser. Working together with this approach, he has come up with a sensible plan for getting back to school and he was markedly less agitated and aggressive in his attitude towards me too. Fantastic :)'

The Thoughts of Parent Lynn B, Whose Young Person Has Experienced The Generic & Orbital Approach.....

"I cannot recommend this service enough having tried many conventional lines of help and nobody really seeming to understand the issues for my 13 year old. I was put in touch with Summerhouse Services and the Drifts programme and since they started here they have learnt many things and although they still have some issues, they have learnt new skills to aid them to cope with these

The approach of Summerhouse Services is very different to anything offered mainstream and the support I have been offered as a parent too has been amazing with one to one time, courses and workshops to help me better understand what my child is going through.

To anybody struggling out there please reach out to Summerhouse Services; you won't be disappointed."

Booking Details

Cost - £75.00 pp

For bookings please contact Penny at penny.logsdail@summerhouseservices.org

Contact Details

(Please note this is not the venue address)

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