

Building resilience in children and young people

Thursday 23rd April 2020, 9:00am – 3:00pm, Ashmount School, Loughborough

Resilience doesn't just mean bouncing back from a difficult situation. It is an essential life skill for children and young people, which involves learning from difficult situations in order to become stronger and better at tackling the next challenge. Learning from challenges and making mistakes enhances the self-awareness and self-confidence of children and young people and this impacts positively on their learning.

This course will develop your knowledge, understanding, skills and confidence to teach children and young people the skills required to be resilient, to cope with everyday life challenges and to solve their problems.

Who should attend?

- Learning support assistants, classroom assistants, SEND support teachers/assistants, SENCO's/ trainee SENCO's and pastoral support staff and managers.

Participants will learn:

- how to support children and young people to, safely, take risks and say yes to challenge
- how to assist children and young people in documenting what additional support they need to be more successful in school
- how to use a problem-solving approach when working with children and young people on the lessons they've learned and the consequences of their actions
- to feel confident in their ability to stand back rather than always jumping in to fix things for the children and young people with whom they work.

About the course leader

Cathi McKillop has a bachelor of education honours degree and a postgraduate certificate in Child and Adolescent Mental Health. Cathi has worked in schools and colleges for 18 years and spent 12 years working for the Educational Psychology Service in Leicestershire.

Cathi specialises in therapeutic work with children and young people. She also offers practical advice to their teachers and parents so that they can support the child effectively too.

She provides coaching and mentoring for school staff who may be finding classroom/behaviour management difficult.

Ways to book

[Click here](#) to book a place

or

Email: jessevens@ashmount.leics.sch.uk

£95 (members)

£120 (non-members)