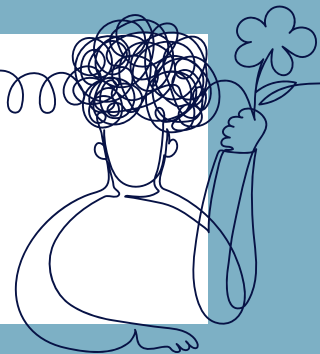


FIVE TO THRIVE: SUPPORTING TRANSITIONS



This course enables participants to reflect on their experiences of transition and change and how we support vulnerable children and young people through transition.

We will look at what works to reduce overwhelm and stress, and what can cause it to be more challenging. We will also look at different types of transitions that children and young people may face and identify those children and young people who are more vulnerable to stress during this time.

Participants will benefit from deeper content around attachment, trauma, relationships and transitions, delving into factors affecting resilience and vulnerability. Both the negative and positive impacts of transition on both the brain and the nervous system will be explored.

Using the Five to Thrive approach as a way to support children and young people who are dysregulated, we will investigate how to support our vulnerable learners through change and transition, enabling them to develop new connected relationships and feel safely held through this challenging time.

Different examples of transitions will be discussed as well as practical support ideas and what buffers against the potential negative impacts of those transitions.

Key Aims

- **To reflect on the impact of transitions and changes especially on vulnerable individuals**
- **To look at Five to Thrive and how it can be used to support transition**
- **To look at examples of transitions and practical examples of how we can support others through them**



19TH MAY 2027 9.30AM - 3PM CHELTENHAM PAVILIONS



Non-attendance or less than 3 full working days for online courses/less than 5 full working days for face-to-face courses will incur a cost of £100 per delegate at the discretion of the Virtual School Head. Contact courtney.hopson@gloucestershire.gov.uk to cancel. Declining a teams invite for sessions you have booked onto will not be accepted as a cancellation.

