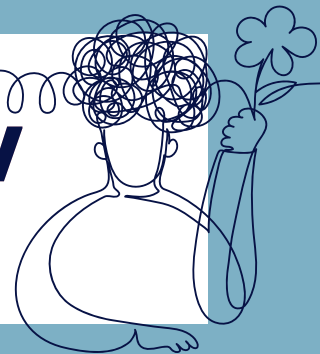


FIVE TO THRIVE: AN OVERVIEW FOR DESIGNATED TEACHERS



Grounded in KCA's trauma-informed and relational approach, this training enables participants to connect theory to daily practice in a meaningful and accessible way. This training looks at Five to Thrive through the lens of the role of designated teacher.

The session develops a foundational understanding of how the human brain responds to stress. Participants explore the neurobiology of stress, focusing on how unregulated stress impacts brain development, impairs regulation, and can lead to trauma. We will then look at the importance of attachment knowledge and understanding and how we can nurture and repair attachments. This training highlights how stress, trauma and attachment affects behaviour, relationships and learning. Participants reflect and develop their understanding through reflection and discussion opportunities.

Participants will be introduced to the Five to Thrive model as a way to co-regulate with individuals who are, in the moment, unable to self-regulate. We look at the five steps of Five to Thrive and we will deepen our understanding of how these five key activities support emotional regulation, attachment, and recovery from trauma.

This training will include the activity Seven Small Things That Make a Big Difference, which applies the science and understanding to seven direct applications to practice. This activity support the application to universal, whole group and whole setting practice as well as developing and maintaining positive relationships with all members of the community.

Key Aims

- **Neuroscience of Stress, Trauma and Relational Practice**
- **To understand Five To Thrive as a model and framework for co-regulation**
- **To be equipped with practical tools using '7 small things that make a big difference'**



15TH OCTOBER 2026 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.

