

Summer Webinar – Primary and Secondary BUILDING RESILIENCE

Building Resilience – how connecting relationships can support us in a time of collective trauma.

Course Aims:

- To understand how resilience and vulnerability are related to past and present experiences of stress and its regulation.
- To understand ways in which we build resilience through connection
- To understand how resilience is supported at a number of levels

Course Content:

- What is resilience?
 - How we build resilience through meeting challenges
- How we fluctuate between being vulnerable and resilience and things which impact on that.
 - What we need from other brains and how we enable safety:
 - Mindful awareness
 - Co-regulation
 - Co-learning
 - Collective trauma and how we respond
 - Resilience mapping
- Looking at how resilience is supported at individual family and wider community levels
 - Individual and collective resilience though
- Acknowledgement of the impact of working with people who have experienced trauma
 - Looking at how we prevent and manage this impact.

Details of events:

25.04.2022 – 15.40pm until 17.00pm

The training sessions are for 1 hour and 20 minutes, and held online using the TEAMS platform. Training can be done around one screen if desired but we will still require all contact numbers and email addresses for staff attending.

Please contact courtney.hopson@gloucestershire.gov.uk to book onto this Virtual School Training opportunity.

Non attendance or less than 48 hours' notice of cancellation will incur a cost of £50 per delegate. Cancellation must be sent to the Virtual School.

If you would like to attend but are unable, please contact us to discuss how we can help with access to the recorded session

Why not use this session as after school training and as part of your staff meeting CPD?



The virtual School