

Positive Approaches

Participants

20

Price Band

B

No of days

2

Extra Costs

None

This two day course offers an opportunity to understand positive approaches to interpreting people's actions and behaviour.

It focuses on both the way we view and the way we act towards behaviour that is sometimes viewed as challenging. It is based on the work of international consultant, David Pitonyak.

FEATURES

This workshop is taught through a mixture of presentation, group work, debate, personal reflection, discussion and action planning.

It covers:

- What is challenging behaviour?
- Positive approaches and effective supports.
- The importance of relationships.
- Creating inclusive environments.
- Supporting people with negative reputations.
- Creating plans specific to supporting people in difficult situations.
- The cycle of arousal and stress.
- Personal support in difficult situations.

LEARNING OUTCOMES

- Understand how behaviour and actions communicate needs
- Understand the impact of relationships and belonging on actions and behaviour
- Learn different approaches listening, hearing and responding to a person's actions and behaviour
- Understand the implications of negative labelling
- Be aware of their own behaviour and understand its impact on the people they support
- Know how to use some tools to practice positive approaches

WHO IS THE COURSE FOR?

Support workers, team leaders, teachers, classroom assistants, further education staff.

OUTLINE PROGRAMME

Each day starts at 9.30am and finishes at 4pm.

- Driving Me Crazy.
- Debate - establishing a view of challenging behaviour.
- What is challenging behaviour?
- What are effective supports?
- The impact of loneliness.
- The importance of relationships.
- Inclusion and exclusion.
- Creating inclusive environments.
- Positive approaches to negative reputations.
- Building good support plans.
- Personal experiences of difficult situations.
- The cycle of arousal and stress.
- Supporters support plans.
- Action planning.