



Impact Network NI ONLINE WINTER TRAINING Schedule 2020/2021

Health, Emotional Wellbeing & Suicide Prevention

Funded by Public Health Agency, offered Free of Charge to people who live and/or work in the Northern Locality.

Due to the nature of these sessions they are only appropriate for practitioners such as health professionals, teachers, support staff etc.

To register your interest please complete the attached booking form and return to janine@impactnetworkni.org.

Sessions will be delivered via ZOOM.

See attached Programme & Expression of Interest Form

SESSION	CONTENT	DATE	TIME	HOW
SPW1 Coping on Difficult days- How best to support children grieving at Christmas Facilitator: Barnardos	A short workshop with some helpful advice to support grieving children and their families at Christmas.	Thursday 19th November 2020	10.00am to 12.00pm	Online 10 min break
SPW2 Self Care Facilitator: Zest: Healing the Hurt	By the end of this workshop the participants will have examined, discussed and understood the following: the importance of self-care, compassion and empathy, the signs and symptoms of burnout and compassion fatigue. We will also examine the ingredients of self-care and stress management and finally each participant will have the opportunity to complete a personal self-care assessment and create a self-care plan going forward.	Monday 14th December 2020	9.30am to 11.00am & 11.30am to 1.00pm	Online 30 min break
SPW3 Cycle of change Facilitator: Wave Trauma Centre	Unhelpful habits, Motivation and the Cycle of Change Model. What motivates us to change our behaviour? Why do people persist with habits which they know are bad for them? This two-hour workshop will look at one theory of behaviour change to help us understand these questions, in both our professional and personal life. There will be some theory, but also time to explore the model experientially. Bring an open mind and a willingness to participate.	Monday 18th January 2021	10.00am to 12.00pm	Online 10 min break
SPW4 The Person Behind the Behaviour Facilitator: Zest: Healing the Hurt	<i>By the end of the workshop the participants will have examined, discussed and understood the following: What is 'behaviour'/What makes us who we are/Emotional health/Child development/The Impact of Family/Addictive behaviours/The most important skill when working with the 'person'.</i>	Monday 25th January 2021	9.30am to 11.00am & 11.30am to 1.00pm	Online 30 min break
SPW5 Social Media and Mental Health Facilitator: Zest: Healing the Hurt	<i>Teenagers who spend more than three hours a day on social media may have double the risk of mental health problems as those who shun it, research suggests. Come along to this workshop to learn about the link between social media and mental ill health. This workshop will look at what the Big Tech Founders know that we do not know. They set out to addict us and it has worked!</i>	Thursday 11th February 2021	2.00pm to 4.00pm	Online 10 min break

SPW6 Understanding Self Harm Training Facilitator: Zest: Healing the Hurt	This training will give professionals working in this area the opportunity to gain more knowledge, understanding and confidence in working with the issues of self-harm and suicidal ideation and behaviours with emphasis on the impact of alcohol on these issues. This is not a skills workshop: We will cover Definitions/Personal understanding and attitudes/The life experiences, meanings and functions for those who self-harm/The importance of Emotional Health/The impact of Alcohol Use on Self-harm ideation and behaviour.	Wednesday 24th February 2021	9.30am to 11.00am & 11.30am to 1.00pm	Online 30 min break
SPW7 Crisis Intervention in Self Harm & Suicidal Behaviour Facilitator: Zest: Healing the Hurt	By the end of the workshop the participants will have examined, discussed and understood the following: Definition and Understanding of 'crisis'/The Components of Crisis Intervention: the crisis, the person, the helper and the goal/Crisis identification/Crisis assessment/The skills of Crisis Intervention: engaging, calming, empowering, listening, questioning, validation and focusing 'SMART' goals	Monday 1st March 2021	9.30am to 11.00am & 11.30am to 1.00pm	Online 30 min break
SPW8 The Costs of Caring – Can Caring Cost Too Much? Facilitator: Wave Trauma Centre	We are all susceptible to trauma and the cumulative costs of caring, both in our personal and professional lives, especially in increasingly difficult and uncertain times. This two-hour interactive workshop seeks to destigmatise and identify issues such as burnout and compassion fatigue as well as highlight its more optimistic cousin, compassion satisfaction. It is a chance to discuss with others facing similar challenges in similar fields, and to empower all of us to recognise and build resilience, to garner compassion satisfaction and to prioritise self-care both in and out of the workplace.	Tuesday 9th March 2021	2.00pm to 4.00pm	Online 10 min break
SPW9 Person Centered Approach to Self Harm & Suicidal Behaviour Facilitator: Zest: Healing the Hurt	<i>By the end of the workshop the participants will have examined, discussed and understood the following: Understanding the self-harming and suicidal person/Congruence/Acceptance /Empathic communication/The Skill of 'Listening'/A brief Person-centred problem-solving model.</i>	Wednesday 24th March 2021	9.30am to 11.00am & 11.30am to 1.00pm	Online 30 min break

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ONLINE WINTER TRAINING

Expression of Interest Form

To be completed by the Applicant – All sections must be completed if applicable

Name	
Job title	
Organisation	
E-mail	
Tel no	

To be completed by Line Manager/Director

(Only complete if you will be attending our training sessions as a representative from your place of work)

Name	
Job title	
Email	
Tel no.	

I confirm I have responsibly to approve this training request and diary approval to attend:
*(please * to agree)*

Applicant Signature		Date	
Line Manager Signature		Date	

Session reference number (SPW...)	Session Title	Date & Time	<p><i>Please only complete one Booking Form per person. Put all requests on one form.</i></p> <p><i>Impact Network NI's training courses are free to attend, and although they are online places are limited.</i></p> <p><i>If you secure a place, we will confirm by email.</i></p>

Thank you for your interest in our training schedule.

**If you share this document on social media platforms, please ensure to tag us.
We are active on Twitter & Facebook - @impactnetworkni**

If you share via email, we ask that you forward our original email.

You will receive a confirmation email if you have secured a place.

Non-Attendance Policy:

- We will inform your place of work if you fail to attend the online training session(s) reserved for you (if appropriate, as above)
- A non-attendance fee may be incurred to cover the cost of your place

Kindly funded by Public Health Agency.