



TRAINING TOPIC	FULL DAY	HALF DAY	2 HOUR WORKSHOP
Alcohol awareness	✓	✓	✓
Anger management			✓
Anti bullying	✓	✓	✓
Assertiveness skills			✓
Cannabis		✓	✓
Cognitive behavioural approaches	✓	✓	✓
Dealing with stress		✓	✓
Developing and maintaining professional boundaries	✓	✓	✓
Drugs including 'legal highs' (NPS) awareness	✓	✓	✓
Food and mood			✓
Goal setting			✓
How to set up a successful charity organisation	✓	✓	✓
How to utilise social media for your organisation		✓	✓
Introduction to youth work		✓	✓
Managing anxiety		✓	✓
Managing challenging behaviour		✓	✓
Managing peer pressure			✓
Mental health awareness	✓	✓	✓



**SOME OF THESE COURSES ARE
CO-DELIVERED WITH THE RED GROUP.**

FOR MORE INFORMATION CONTACT STACEY MILLER

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specialist in drugs and alcohol awareness

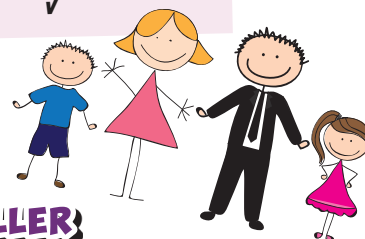


TRAINING TOPIC	FULL DAY	HALF DAY	2 HOUR WORKSHOP
Mindfulness		✓	✓
Motivational interviewing	✓	✓	✓
Relationships and sex education	✓	✓	✓
Safeguarding vulnerable adults and children	✓	✓	✓
Self esteem and resilience		✓	✓
Sex and alcohol	✓	✓	✓
Social media explained (Twitter, Facebook, Instagram, LinkedIn) with live tutorials	✓	✓	✓
Time management			✓
Trustee governance		✓	✓
Understanding domestic abuse and violence	✓	✓	✓
Understanding how to write successful funding applications		✓	✓
Understanding risks and potential abuse online	✓	✓	✓
Understanding self harm	✓	✓	✓
Understanding the terms radicalisation, extremism and terrorism and how we protect children	✓	✓	✓
Wellness in the work place	✓	✓	✓
Working with Families affected by substance misuse	✓	✓	✓
Youth engagement	✓	✓	✓
Youth work practice advanced	✓	✓	✓



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