



01273 252559

Breakthrough Days 2012

Schools' Training & Support


Innovative, affordable well-being training and solution focused support
from education and health professionals to nurture and develop
you, your staff & your school community

www.breakthroughdays.co.uk

Welcome to a new kind of layered school training, support and care

Have you been looking for **solid, grounded and practical training** for all levels of school staff to give you the maximum benefit from your workforce whilst respecting and promoting the individual's needs, well-being and emotional health?

We can show you a fresh way to raise standards – by focusing on caring for the emotional health of individuals in your school in place of those top-down directives. You'll be amazed at how transformative this emotionally intelligent approach will prove to be.



We design, develop and deliver training on **emotionally intelligent whole school approaches to promoting learners' well-being and mental health** which don't compromise the well-being or mental health of your staff.

All of our **courses** meet the needs of your staff and the school by focusing on optimising positive outcomes and outlooks. Courses can be delivered in-house to your bespoke specification providing excellent value for money.

We offer specialised support using an integrative, therapeutic approach to **coaching and/or non-managerial supervision** for individuals and teams working in stressful roles or situations e.g. senior leaders, learning mentors, child protection officers and any staff who require resilience dealing with vulnerable learners and their families.

Individual /group brief solution-focused hypno/psychotherapy sessions are a viable, effective alternative to **staff, pupil and parent counselling**, often at a fraction of the cost and within a reduced timeframe. There is a significant body of scientific research to support the use of clinical, therapeutic hypnosis. The British Medical Association approved its use in 1955 and encouraged all mental health professionals and doctors to train in its use.

Why Breakthrough Days?

Breakthrough Days Solutions provide training and support under the direction and leadership of Dr Sharie Coombes, formerly a very successful and passionate primary headteacher for 10 years in a challenging Brighton & Hove school.

Sharie has a doctorate in education from Brighton University. She has worked in education and higher education for more than 28 years, teaching children aged 3 to 18 and training adults as a lecturer, local authority education adviser and consultant prior to headship. The clear gaps in the state-run education support system opened the door to this provision.

Our training holds a unique position in the field of maximising human potential and school achievement because it is non-corporate and non-political and is the product of years of varied professional experience, effective market research and consultation. We simply focus on what works well and on how to get more of it into your school whilst supporting at individual and whole school level.

The team comprises trained, experienced headteachers, lawyers, psychologists, psychotherapists, hypnotherapists, social workers, school support staff, youth workers and voluntary sector specialists.

Who will benefit from Breakthrough Days?

Our training and support are suitable for staff at all levels of your school. We can adapt all our programmes to meet your staff needs whether on our public or in-house courses.

Where are Breakthrough Days held?

Most courses take place in our attractive offices in central Hove. Parking on nearby streets is easy (£2.80 up to 4 hours, £4.50 over 4 hours) or in the Norton Road Car Park (5 min walk). There are excellent public transport links. All refreshments (including biscuits!) are provided. Delegates make their own arrangements for lunch at any of the multitude of local outlets, cafés, bars and restaurants selling a range of food to suit all needs.

We can provide in-house bespoke training in your school – please get in touch to discuss your requirements and negotiate a training package price.

How much are Breakthrough Days?

£60/£100 per half/full day training per delegate - less than the cost of a one hour therapy session. Multiple-booking discounts will be negotiated for public and in-house/ bespoke courses.

These are introductory prices and will increase in the future.

How do I book my Breakthrough Days?

- Please phone or email to ask any questions you have prior to making a booking. The course dates have flexibility so please get in touch if you require a particular date for a specific course.
- Complete the online booking form, making payment via bank transfer:

www.breakthroughdays.co.uk/html/bookcourse.php

Or download the booking form and email it or post it with your cheque payment:

www.breakthroughdays.co.uk/html/breakthrough.php

Training & Support 2012

We can provide flexibility on dates for groups of staff and will be happy to negotiate costs for designing and delivering in-house/bespoke training and support for an individual school, group or cluster of schools. **Just ask!**

Most courses have a limit of 10 delegates per training event (except in-house/bespoke courses). Our public courses require a minimum of 6 delegates to be delivered – should this number not be reached, your booking will be rolled over to the next scheduled date for that course and you will be notified at least 2 working days before the booked date. See cancellation policy on booking form for more information.

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6.	Managing Your Stress	MS1
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8.	Building a Solution Focused and Emotionally Resilient School	ERS1
9.	Using Therapeutic Relaxation Techniques with Children and Young People	RT1
10.	Improving the Self-Esteem of Others	SE1
11.	Recognising and Dealing Effectively with Workplace Bullying	WB1
12.	Overcoming Fear of Public Speaking	PS1
13.	Mindfulness in Your Life and Career	M1
14.	Individual/Group Confidential Coaching and Non-Managerial Supervision	IGCS1
15.	Brief Solution Focused Hypno/Psychotherapy Sessions for Learners and Adults	HS1

All our hypno/psychotherapists are fully qualified to national standards, insured and registered with the Department of Health through the Complementary and Natural Healthcare Council



"Hypnotherapy is supported by more scientific research than any other complementary therapy"
(The Which? Guide to Complementary Therapies, 2002)

Managing Your Stress - MS1

Stress pervades modern life and is especially common in highly-pressured public services such as education; while front line support staff are often overlooked when the problem of stress is considered, this course is equally suitable for all school staff. It is a problem that can have serious detrimental effects on the well-being and/or mental health of employees (and indirectly then, on the school's learners) and needs to be addressed objectively on a regular basis. Just £100 for a place on this course will help you meet your legal duty of care for anyone suffering with stress.

What is the 'Managing Your Stress' Breakthrough Day?

Our flagship 1 day course will tackle and help resolve personal and workplace stress before it takes hold and damages the individual and the school. The aim of this enjoyable, enlightening and uplifting course is to show you how to be your own highly effective life coach. You will learn how to explore and evaluate those areas of your life that may be out of balance at present and address those issues in order to achieve work-life balance and lead a happier, healthier life. It will also give you a better understanding of who you are. You will learn and understand how to:

- **Take responsibility** for improving your physical and emotional well-being
- **Avoid pitfalls** by identifying knee jerk habits and negative attitudes that add to the stress you experience at work.
- **Use better communication skills** to ease and improve your relationships with management, children, parents and colleagues
- **Relax effectively and see the positives**, feeling the benefits of a new way of viewing old issues

The Course

The course provides an insight into the nature of stress, its effect on the person and the consequences of not addressing excessive stress effectively. It shows you how to deal with the effects of stress and how to take proactive measures to prevent some of the consequences of personal and workplace stress which take their toll on the individual and the school as a whole. Participants will be shown how to take responsibility for their well-being and given strategies for this.

The Content

- Course notes and handouts including a relaxation MP3
- Information and techniques to use and share
- Practical exercises
- Certificate of completion

What you will learn

- Understand positive and negative stress
- Recognising and responding to signs of stress
- Effective communication skills
- How generalised anxiety develops
- Effect of stress on performance and others
- How needs are currently being met
- How to meet your needs appropriately
- Utilising feedback effectively
- Relaxation techniques
- Self-care strategies
- Setting and reaching personal goals

What will it cost?

£100 per delegate. Multiple-booking discounts can be negotiated.

When?

See the attached sheet for dates of all courses.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/ bespoke training. Complete the online, downloaded or printed booking form and return with payment.

Understanding & Managing the Psychological, Developmental & Educational Impact of Trauma, Grief & Deprivation on Learners, Families & Schools – UMED1

Trauma, grief and deprivation in a child's or adolescent's life can have a significant impact on normal brain development, resulting in disruption to their ability to cope in the average classroom, school and in their own life. Naturally, this affects the whole family and school community. Even one pupil who is overwhelmed by their circumstances can have a detrimental effect on the whole school.

The Course

This **1 day course** provides a clear insight into the nature of brain development and how it can be negatively impacted by adverse circumstances and attachment issues. We explain why children and young people can appear 'stuck' in a cycle of negative behaviour, beliefs and thought patterns. You will understand how to externalise and separate this from the core personality of the pupil which will in turn externalise your own emotions when dealing with him or her. We explore more successful approaches to managing the disorganised, disaffected or unruly pupil and interventions with their family. You will come away with a new tool kit to use immediately!

The Content

- Course notes and handouts
- Information and techniques to use and share
- Practical exercises
- Certificate of completion

What you will learn

- What affects brain development and why
- How and why behaviour is biologically affected by experience
- Overview of attachment theory
- Why generalised anxiety becomes part of daily life for the pupil and family
- Effect of stress on learning performance and productivity
- Strategies to encourage positive behaviour and thought patterns
- How to manage your own emotions in difficult situations
- Relaxation techniques for pupils and yourself
- Self-care procedure

What will it cost?

£100 per delegate. Multiple-booking discounts can be negotiated.

When?

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What now?

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Building a Solution Focused and Emotionally Resilient School – ERS1

Schools are under huge pressure to achieve high standards and meet a raft of targets while working with hundreds of pupils and parents with a wide range of needs. This can create a climate of tail-chasing which leads to a loss in self belief and enthusiasm which in turn can result in stress, tension, anxiety, distress, self doubt and absenteeism. One impact of this is that 'out of the ordinary' behaviour from our pupils can make us feel deskilled, overly challenged and exhausted.

What is 'a Solution Focused, Emotionally Resilient School'?

A solution focused, emotionally resilient school enables staff to look at what is working well and do more of that. Planning to ensure that everyone including the caretaker and governors are involved in the whole school approach eliminates trigger points and embeds resilience. Pupils and staff can be shown how to take more responsibility for their well-being and learn to be more optimistic and more successful.

The Course

The **2 day course** provides an insight into the process of developing a solution focused approach to dealing with day to day issues and longer term school improvement. Emotional difficulties arise when needs are not met. We show you how to identify how people's human needs are – or are not – being met and demonstrate key strategies for helping people to take responsibility for their own well-being. You will understand how stress can affect pupils and staff and how to manage this and combat it. We explore with you the subtle and positive changes that can be made to the school culture to facilitate resilience by introducing tailored systems and routines, reducing pressure and fire-fighting. You will discover techniques to take care of yourself and others in a way that yields mutual respect, further success and positivity with less reliance on external resources. This course works well as a stand-alone training and is particularly suitable for in-house delivery, tailored specifically to your school's circumstances.

The Content

- Course notes and handouts
- Information and techniques to use and share
- Practical exercises
- Certificate of completion

What you will learn

- How stress impacts the school and people in it
- Recognising signs of stress in pupils and adults and how to combat these
- How to use solution focused strategies naturally and effectively
- How to ensure everyone is involved in reducing trigger points and tensions
- How school teaching methods, systems and routines can enhance resilience
- Utilising and harnessing staff skills to deliver therapeutic interventions with less reliance on external resources
- How to plan selected strategies into the school development plan
- Key features of resilience and optimism
- Relaxation techniques
- Self-care procedures

What will it cost?

£170 per delegate. Multiple-booking discounts can be negotiated.

When?

See the attached sheet for dates of all courses.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/ bespoke training. Complete the online, downloaded or printed booking form and return with payment.

Using Therapeutic Relaxation Techniques with Children and Young People – RT1

What are 'Therapeutic Relaxation Techniques'?

Over recent years, it has become the norm to provide counselling in school for some of our children and young people experiencing difficulties. This can be a real life-line and for some, it is vital. We are often convinced that it is our only option but when staff are trained to understand the structure and cause of emotional problems and to use indirect and direct therapeutic skills in their everyday work, we can tackle problems before they get so big, reducing the need for formal counselling (or perhaps hypno/ psychotherapy). Developing and using therapeutic relaxation techniques will help schools to enhance their emotional curriculum, resulting in improved motivation and higher standards in the traditional curriculum. And everyone will smile more!

The Course

This **1 day course** shows you how to use simple, effective therapeutic relaxation techniques indirectly and directly in your work with children and young people. By implementing these in daily routines, your school culture will immediately become less disrupted by conflict as well as more empathetic, emotionally intelligent and successful. Teaching assistants and learning mentors can be very useful in implementing the more direct approaches but this course is suitable for absolutely any member of staff and you will be shown how to use the skills in a way that is relevant to your role. Principles of psychology, psychotherapy and NLP are applied. Schools will need to decide how to implement the techniques and agree the delivery method.

The Content

- Course notes and handouts including 2 MP3 recordings to use with pupils
- Information and techniques to use and share
- Practical exercises
- Certificate of completion

What you will learn

- The structure and cause of emotional problems, negative behaviour & thinking
- Separating individuals from their problems
- Why children and young people need relaxation strategies
- How to reframe beliefs, thoughts and difficulties
- Ways to deliver simple, effective indirect and direct techniques
- Different therapeutic strategies and why they work
- Using the techniques in your own role
- Using objective criteria to assess impact

What will it cost?

£100 per delegate. Multiple-booking discounts can be negotiated.

When?

See the attached sheet for dates of all courses.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/ bespoke training. Complete the online, downloaded or printed booking form and return with payment.

Hypno/psychotherapy sessions for children and young people can be booked to support the impact of this training. See page 15 for more details or call to discuss your needs. All our hypno/ psychotherapists are fully qualified to national standards, insured and registered with the Department of Health through the Complementary and Natural Healthcare Council

"Hypnotherapy is supported by more scientific research than any other complementary therapy"
(The Which? Guide to Complementary Therapies, 2002)

Improving the Self-Esteem of Others – SE1

What is 'Improving the Self-Esteem of Others'?

Poor self-esteem causes low self-confidence and is the result of a variety of factors. Over time these problems can seriously hamper an individual's personal and professional life. It can also give rise to stress and anxiety, resulting in negative thoughts, beliefs and behaviour which further exacerbate the problem. Improving the self esteem of the colleagues we work with can have a significant and lasting impact on their happiness, humour and professional effectiveness.

The Course

This **1 day course** looks at what causes low self-esteem in children, young people and adults and explores ways to help others to improve their self-esteem by our interventions, using their own innate resources. You are also taught how to manage your own and others' stress and anxiety and help them to have a positive attitude by changing their thoughts, beliefs and actions.

The Content

- Course notes and handouts including an MP3 recording to enhance self-esteem
- Information and techniques to use and share
- Practical exercises
- Certificate of completion

What you will learn

- What creates low self-esteem
- Impact of negative thought patterns
- Factors that can maintain low self-esteem
- Changing thoughts, beliefs and attitudes
- Recognising and dealing with self pity/martyr complex
- Focusing on positive qualities
- Maintaining improved self-esteem

What will it cost?

£100 per delegate. Multiple-booking discounts can be negotiated.

When?

See the attached sheet for dates of all courses.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/ bespoke training. Complete the online, downloaded or printed booking form and return with payment.



Recognising and Dealing Effectively with Workplace Bullying – WB1

What is 'Workplace Bullying'?

Workplace bullying devastates lives and destroys relationships in schools and can happen to anyone whatever their role. It comes in a number of forms ranging from obvious aggressive harassment to subtle insidious malicious tactics which can be hard to quantify. This serious issue is often ignored by managers out of fear or is ineffectively 'smoothed over' in a misguided attempt to help people to get along with each other. Not dealing with people's perceptions of bullying can result in costly litigation and loss of reputation. Bullying needs to be consistently addressed and dealt with properly. We all like to think that bullying wouldn't happen in our school and that signing up for a course like this might make people think there is a problem but this ignores the dynamic nature of the issue which can have a catastrophic impact on individuals and the culture of the school. Being seen to take the matter seriously is a great indicator of the high regard in the school for staff well-being and will help to ensure you meet your legal obligations for duty of care.

The Course

This **2 day course** deals with the serious issue of workplace bullying and is appropriate for managers who want to prevent bullying from arising or for anyone who feels they are a victim of bullying. We teach you to support and improve the self-confidence of those involved and will ensure that you are better prepared should you ever be the target. We discuss how to recognise problems which the victim often prefers not to acknowledge for fear of reprisal or losing their job until it becomes 'too big to handle'. You are shown how to distinguish bullying from other workplace tension and managerial actions and how to help yourself and others to resist and challenge it. We also show you how to help staff understand and deal with problems like stress and anxiety caused by bullying. We provide a wealth of resources for people to help themselves.

The Content

- Course notes and handouts including an MP3 recording to help anyone suffering the feeling of being bullied
- Information and techniques to use and share
- Practical exercises
- Certificate of completion

What you will learn

- What is bullying?
- Recognising the signs/proving bullying
- Supporting people to ask for help
- Strategies for discussing, challenging and combating bullying
- Improving self-confidence
- Resisting bullying in the future
- Dealing with stress and anxiety
- Managing your emotions when dealing with this sensitive issue
- Mediation techniques

What will it cost?

£190 per delegate. Multiple-booking discounts can be negotiated.

When?

See the attached sheet for dates of all courses.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/ bespoke training. Complete the online, downloaded or printed booking form and return with payment.

Hypno/psychotherapy sessions can supplement this training for staff feeling the impact of bullying (see p15). All our hypno/psychotherapists are fully qualified to national standards, insured and registered with the Department of Health through the Complementary and Natural Healthcare Council

"Research shows scientific evidence for hypnotherapy...by using hypnosis, people can perform prodigious feats of will-power and self-healing".

Health Education Authority

Overcoming Fear of Public Speaking – PS1

What is 'Fear of Public Speaking'?

Public speaking and giving presentations are an integral part of some employees' job descriptions. However, many people struggle with this aspect of their work and allow it to hold them back from progressing in their career, wasting passion and talent. People can be overcome by irrational fears and nervousness and feel at the mercy of the human stress response at the crucial moment (dry mouth, blank mind etc.). This can cause major self-doubt and shatter self-esteem.

The Course

This **1 day course** shows you how to be well-organised and thoroughly prepared from a practical point of view and how to be mentally well-prepared and focused, in the same way as top athletes mentally prepare themselves in advance for peak performance.

The Content

- Course notes and handouts including an MP3 recording to embed positive expectations
- Information and techniques to use and share
- Practical exercises
- Certificate of completion

What you will learn

- The importance of great preparation of material
- Physical and mental preparation
- Process and result imagery
- Guided visualisation skills and post-hypnotic suggestions
- The biological explanation of the anxiety symptoms
- Getting and staying 'in the zone' before and during the event
- Mindfulness
- Improving self-confidence

What will it cost?

£100 per delegate. Multiple-booking discounts can be negotiated.

When?

See the attached sheet for dates of all courses.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/ bespoke training. Complete the online, downloaded or printed booking form and return with payment.



Mindfulness in Your Life and Career – M1

What is 'Mindfulness'?

Mindfulness means being present in the moment and being attentive, moment-to-moment, to your thoughts and feelings during everyday activities without judgement or negative self-talk. Mindful living can help you face life's challenges with greater resilience and live a more meaningful, balanced life.

The Course

The aim of this **half day workshop** is to help individuals acquire the skills of mindfulness and apply them to their everyday activities. Mindfulness can promote greater self-understanding, calmness and clarity of vision. The simple yet powerful principles of mindfulness can be beneficial to everyone.

The Content

- Course notes and handouts including 2 MP3 recordings
- Information and techniques to use and share
- Practical exercises
- Certificate of completion

What you will learn

- The background to mindfulness
- What mindfulness is
- How mindfulness works
- The role of mindfulness in daily activities
- How to practise mindfulness
- How stress interferes with your life
- How to work with your stress, fear and anxiety
- Using mindfulness to achieve your career and life goals

What will it cost?

£60 per delegate. Multiple-booking discounts can be negotiated.

When?

See the attached sheet for dates of all courses.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/ bespoke training. Complete the online, downloaded or printed booking form and return with payment.



Individual/Group Confidential Coaching and Non-Managerial Supervision – IGCS1

We can work in complete confidence with individuals, including Heads, or whole teams to provide this service. The distinct advantage to you is in knowing that your staff are properly supported under your legal duty of care without you needing to personally add this dimension to your already huge workload. A number of our team are trained to provide this service and trainer allocation will be negotiated with you depending on the needs and dynamics of your staff.

We can accept confidential self-referrals for staff who wish to buy this service independently of the school and will offer a very competitive rate.

What are 'Coaching' and 'Non-Managerial Supervision'?

Coaching can be used to enrich your life on a professional and personal level. It is a powerful way to achieve your best in areas you identify as your targets. Our integrative approach to coaching, combining the best techniques from a wealth of psychological interventions (e.g. CBT, NLP, Human Givens, Solution Focused Brief Therapy, Gestalt etc.) helps you to understand and improve the many facets of your world. Non-managerial supervision can help you think about and talk through work issues openly and honestly to find solutions and options without fear of compromising your managerial relationship. You will learn to use language very precisely to help you achieve your goals.

The Course

This course is tailored to each individual's/group's circumstances and requirements, and as such, the number and length of sessions will be agreed with you in advance. Its aim is to enable top and middle management and staff at all levels to excel in their particular role within the school. This bespoke course commences with a thorough and confidential evaluation of all relevant aspects of each individual's life.

The Content

- Coaching sessions, notes and handouts including MP3 recordings as and when appropriate
- Information and techniques to use and share
- Practical exercises to facilitate change or development

What you will learn

- Application of various psychological principles to real-life situations within a coaching relationship
- Thorough evaluation of your goals and values
- Discovering what you really want from life and your work
- Exploring the direction of your life and work and how to give it clearer direction
- How to make a powerful yet realistic and achievable action plan
- Evaluation of any aspects of your life, on a personal and professional level
- Using objective criteria to assess impact

What will it cost?

Costs will be dependent on your specific requirements, including allocated trainer's level of expertise, number and length of sessions and venue.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts or in-house/ bespoke training. Complete the online, downloaded or printed booking form and return with payment.

Brief Solution Focused Hypno/Psychotherapy Sessions for Learners and Adults – HS1

"Hypnotherapy is supported by more scientific research than any other complementary therapy"
(The Which? Guide to Complementary Therapies, 2002)

We often think of conventional, long-term counselling as the only option for dealing with distress and disaffection in our children and young people. However, it is lengthy, expensive and can be a painful process.

Brief solution focused hypno/psychotherapy provides a cost effective alternative often providing better value for money by helping people of all ages to quickly identify needs and find inner resources and solutions, developing resilience and a positive outlook. Just 3 sessions can be life-changing (see website feedback) and resolve a range of issues. When this provision is combined with teaching and/or support staff training in developing and delivering relaxation techniques or a whole school approach to building a solution focused, resilient school, it can save your school even more valuable funds (or make your money go even further) and have a lasting impact on the mental health and well-being of the entire school community.

These sessions are suitable for learners, school staff and parents. Allocation of a particular therapist and any discounted costs will be negotiated with you depending on the specific needs of the clients.

Regular slots in the school week can be accommodated.

Why not try these sessions for your school community and see how you can get the same (or better) results for less expenditure per person?

All our hypno/ psychotherapists are fully qualified to national standards, insured and registered with the Department of Health through the Complementary and Natural Healthcare Council



For more information please go to:

For children and young people www.foundationshypnotherapy.co.uk

For adults www.breakthroughdays.co.uk

Both websites include genuine testimonials, background, helpful information and an outline of the sessions.

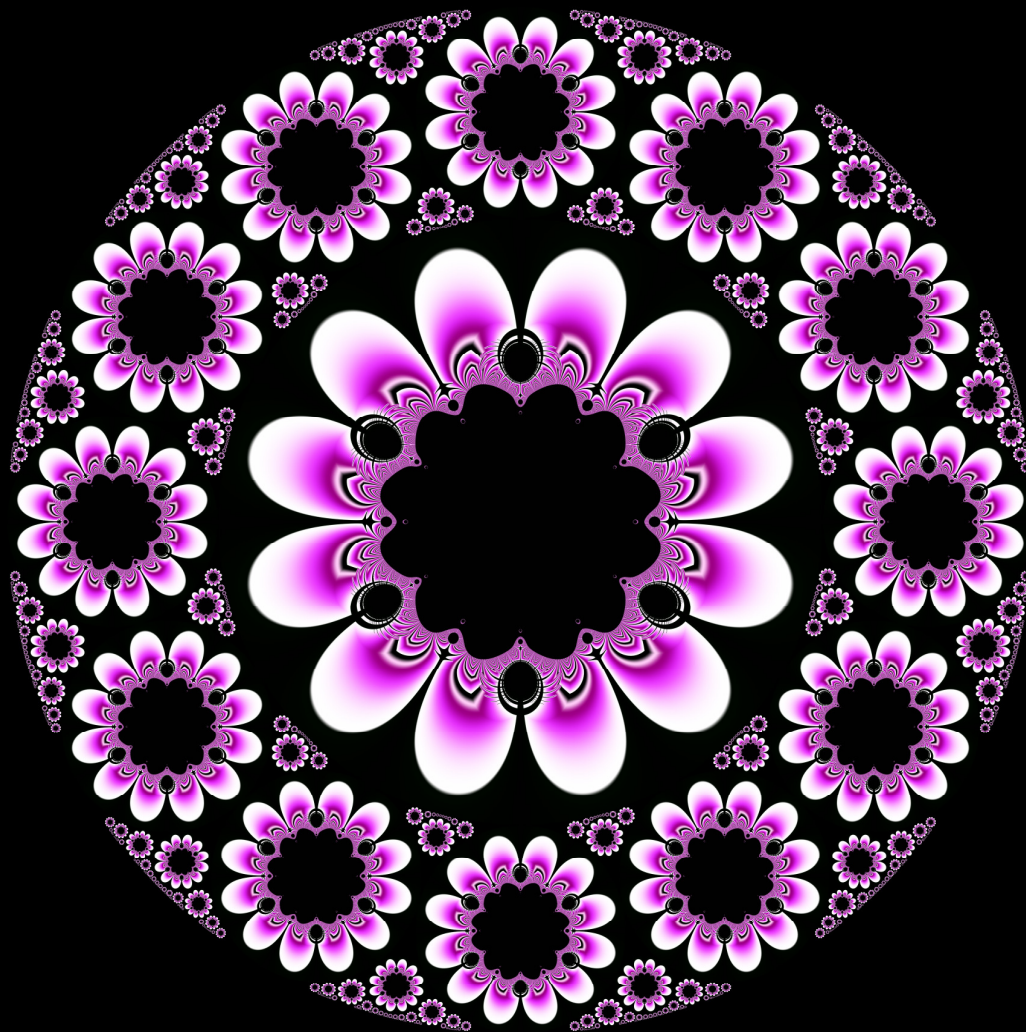
What will it cost?

Costs will be competitive and dependent on your specific requirements, including the number and length of sessions and venue.

What now?

Call 01273 252559 or email sunshine@breakthroughdays.co.uk to ask any questions, discuss dates and negotiate multiple-booking discounts.

"Research shows scientific evidence for hypnotherapy...by using hypnosis, people can perform prodigious feats of will-power and self-healing".
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