

Training

Professional Development Brochure

2024 - 2025



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Bright Futures Training Summary of Courses 2024/2025



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Mental	l Heal	th &	Well	lbeina

Adult Mental Health First Aid Two Day	Face to face	£350
Youth Mental Health First Aid Two Day	Face to face	£340
Trauma Informed Support (with attachment)	Face to face	£200
Emotion Coaching	Face to face	£200
Helping Children and Young People Manage Anxiety	Online	£75
Menopause Training (Making Every Contact Count)	Online	£65

Safeguarding

Designated Safeguarding Lead Training	Face to face	£12	
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Race, Diversity & Inclusion

How to Include Race, Diversity, and Inclusion into your Curriculum Design	Face to face	ТВС
An In Depth look at how Race, Diversity and Inclusion is Embedded into your	Face to face	ТВС

Leadership & Coaching

Take Control of your own Inspection	Online	£50
Preparing for Inspection as a Curriculum Leader	Online	£50
Coaching Phase 1- Foundation	Face to face	£560
Coaching Phase 2- Coaching in Context	Face to face	£625
Coaching Phase 3- Higher Level	Face to face	£675
Pupil Premium Reviewer Training	Online	£275

Behaviour & Culture

SEND	Dyscalculia and Maths Anxiety	Online	£150
	Understanding Dyslexia- Paving the Way for Inclusive Learning	Face to face	£150
	Tools for Developing an Inclusive School	Face to face	£150
	Supporting ADHD in School	Face to face	£150
	Supporting Autism in School	Face to face	£150
	OCD Training	Face to face	£95
	A Graduated Approach to SEMH	Face to face	£150
FΔI	Working with FALL earners from Arrival to Assessment to Achievement	Face to face	£150

NOCN Level 3 Certificate in Forest School Programme Leadership

Welcoming International New Arrivals

Face to face

Face to face

£150

£925



Mental Health & Wellbeing



Adult Mental Health First Aid Two Day



Course Description

Stress, anxiety and depression are the biggest cause of sickness absence in our society and mental ill health is responsible for 91 million working days lost every year. Our course aims to promote positive wellbeing in the workplace - aiming to create a culture of support and open discussion around Mental Health allowing colleagues to feel more supported.

Our quality assured MHFA instructors deliver training that has been designed to fit into four manageable chunks:

- Mental Health First Aid, mental health, and depression
- · Depression (cont.) and suicidal crisis
- · Anxiety, personality disorders, eating disorders and self harm
- Psychosis, schizophrenia and bipolar disorder

In each section you'll learn how to spot the early signs of a mental health issue, feel confident helping someone experiencing a mental health issue, provide help on a first aid basis, help prevent someone from hurting themselves or others, help stop a mental health issue from getting worse, help someone recover faster, guide someone towards the right support, reduce the stigma of mental health issues and improve staff well-being.

The sessions will be a mix of presentations, discussions and group work activities. Our instructors provide a safe learning environment and are trained to support you throughout the whole course. Everyone who attends the course will receive a workbook and a certificate to confirm that you are a trained Mental Health First Aider, as well as access to the new MHFA app with 24/7 support.

Youth Mental Health First Aid Two Day



Course Description

Record levels of young people are struggling. Academic pressure, social media, bullying, poverty, lack of availability of professional mental health support – all have been named as contributing to this epidemic of poor mental health in our young people. Key figures in a young person's life such as parents, family members, teachers, tutors, carers or youth workers can often spot when a young person is struggling but may not know how best to help.

Our Youth Mental Health First Aid (MHFA) courses are for anyone who works with, lives with or supports young people aged 8-18. We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

The 2 days will be split into 4 sessions covering:

- · Youth Mental Health First Aid
- Depression and Anxiety
- Suicide and Psychosis
- Self-harm and Eating Disorders

Everybody who completes the 2 day course will receive a copy of the MHFA manual and workbook, and a certificate to confirm that you are a trained Mental Health First Aider.

Mental Health & Wellbeing



Emotion Coaching



Course Description

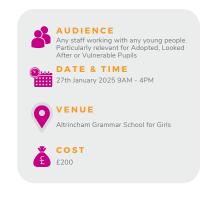
This course is the PERFECT follow on from our MHFA and Trauma Informed Support courses.

Emotion Coaching provides a value added dimension to behaviour management strategies and creates opportunities for long term solutions to children's wellbeing and resilience. It uses moments of heightened emotion and resulting behaviour to guide and teach the child or young person about more effective responses. It entails validating children's emotions, setting limits where appropriate and problem-solving with the child to develop more effective behavioural strategies. Through empathetic engagement, the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.

Emotion Coached children and young people:

- Achieve more academically in school
- · Are more popular
- Have fewer behavioural problems
- Have fewer infectious illnesses
- Are more emotionally stable
- · Are more resilient

Trauma Informed Support (With Attachment)



Course Description

Why do some children behave the way they do and how can we help them? This is fantastic Mental Health training for education staff working with Adopted, Looked After or Vulnerable Pupils. It would be beneficial to complete our Mental Health First Aid training first, but not essential.

The core aims of the programme are to:

- Explain how trauma and abuse impacts on a child's mental health
- Explore how events in childhood affect lifelong mental health
- Explain how children who have experienced trauma and abuse may behave in school
- · Explore ways schools can support the mental health of their students who have experience early trauma

The content of this course is a mixture of up to date theory and research on attachment and neuroscience, which will help participants understand the often contradictory and difficult behaviour of some pupils. It also provides an opportunity to learn and identify a range of practical and tried and tested strategies, which can be adapted to different educational settings to help children who have been adopted, looked after or who remain in difficult home environments. The course also provides an interactive opportunity for participants to bring their own individual case studies, to help identify bespoke strategies for their pupil/s.

Mental Health & Wellbeing



Helping Children and Young People Manage Anxiety



Course Description

Anxiety is the most common mental health issue with children and young people. This has been exacerbated with the current pandemic, with many more children feeling anxiety and those who already experienced it, finding their symptoms increasing. Our children's return to school is very likely going to present many of these issues in the classroom.

Help prepare yourselves to help your students. This is a very practical, hands on course that you will immediately be able to put into practice. It is filled with activities and techniques that you can use with both individuals and groups of students.

By the end of the course you will be able to:

- Have an understanding of the physiological effects of anxiety on our physical health, our emotions and importantly for our children and young people, how it impacts on their behaviour
- Use grounding techniques to ease anxiety overwhelm
- Effectively Talk to students about emotions and feelings
- Discuss specific anxiety around Covid-19
- Use creative and imaginative ways of helping our students understand their anxiety and how to help themselves

Menopause Training (Making Every Contact Count)



Course Description

Traditionally, menopause is viewed as a specialist medical and clinical condition and as such, most people at the frontline of running support services or initiatives within the health system, the community and workplaces, do not routinely ask about menopause. It is not surprising that women are reluctant or feel unable to talk about menopause and its impact on their lives.

Through the Making Every Contact Count (MECC) approach, participants will be able to challenge this culture and openly have menopause related conversations with friends, family, a colleague or with an individual accessing a service. Using the 3A's (ASK, ASSIST, ACT) framework, participants will be able to explore the physical, emotional and social impacts of menopause, and provide information about how to access information and local support through menopause cafes, GPs, lifestyle services, online resources and apps.

During this 3 hour session, participants will be able to:

- 1. Review their knowledge of menopause
- 2. Reflect on the relevance of menopause as part of their organisation's work
- 3. Discuss recognition of menopause and associated risks of missed diagnosis
- 4. Make action plans on what they can do to progress practice within their service/organisation

At the end of the programme, all participants will receive a certificate of attendance with 2 CPD points.



Safeguarding

Designated Safeguarding Lead Training



Head teachers, senior leaders, DSLs and deputies, wider members of the safeguarding team, safeguarding governors.





13th January 2025 9:30AM - 4:30PM OR 7th July 2025 9:30AM - 4:30PM



Course Description

Meeting the formal training requirements for designated safeguarding leads and will provide an overview of the current statutory guidance and Ofsted expectations. Delegates will have the opportunity to explore some of the more specific safeguarding issues and how to develop a strategic and proactive approach to safeguarding children.

Leaving with practical ideas about how to implement and secure effective safeguarding arrangements in their school, including:

- · A good understanding of their own role, and the processes, procedures, and responsibilities of other agencies.
- Understanding and assessing risk using approaches such as signs of safety and contextual safeguarding.
- Engaging with children and families and contributing to multi-agency working.
- · Effective information sharing and record keeping systems.
- · Safeguarding vulnerable children and children with SEND.
- · Creating a culture of listening.
- · Using data to inform a strategic and proactive approach.
- Responding to specific needs and harms and understanding the impact of trauma and abuse.
- · Applying the thematic learning from research and safeguarding practice reviews.
- · Creating a safe culture.



Race, Diversity & Inclusion

How to Include Race, Diversity, and Inclusion into your Curriculum Design



Course Description

Values, curriculum drivers, schema, retrieval, and prior learning. Links, threads, race, diversity, and inclusion.

This session will focus on what and why it is important, showing staff how they can introduce and celebrate more diversity into their curriculum across all phases. An insight into how Stanley Grove Primary Academy have designed and implemented a rich and diverse curriculum

An In Depth look at how Race, Diversity and Inclusion is Embedded into your Curriculum Design



Course Description

Values, curriculum drivers, schema, retrieval, and prior learning. Links, threads, race, diversity, and inclusion.

This will focus on the curriculum currently being delivered in your school. You we be asked to bring your curriculum or sections you need support with, this in effect will be ran as curriculum surgery. Stanley Grove have designed a booklet on Race, Inclusion and Diversity which we will share to participants to draw from. This will include a range of examples for Art and DT, Science, History and Geography.



Leadership & Coaching

Coaching Phase 1-**Foundation**



AUDIENCE

Leaders in education at all levels wanting to develop their own leadership potential and that of others



DATE & TIME 20th, 21st November & 11th December 2024

18th, 19th June & 16th July 2025 9AM - 4PM each day



VENUE November 20th & 21st- The Life Centre, Sale. December 11th- Altrincham Grammai School for Girls June/July dates- Altrincham Grammar School



Course Description

A programme for those who are seeking to develop their expertise and experience in coaching within a small group environment, coaching is one of the key ways to promote better levels of organisational effectiveness within schools. It can increase confidence, motivate staff and develop core leadership skills. It is open to all staff working within an educational establishment.

This course forms part of our coaching pathway – a trilogy of courses.

Part 1 focuses on specific outcomes in terms of your skills, knowledge and understanding:

- being able to work with a range of Coaching styles and approaches for different purposes
- understanding the place of emotional intelligence in the human interactions and processes of the workplace
- being able to improve such processes
- · being able to help with the performance, learning and development of others
- · being able to apply highly-developed skills of listening, attending, enabling and challenging
- · developing professional reflection, learning and enquiry

Participants are offered guided and structured coaching skills development in small groups and are given first-hand experience of working with a coach. Opportunities are provided for developing observation and feedback skills, and reflective practice is encouraged.

Coaching Phase 2 – Coaching In Context



AUDIENCE

Leaders in education at all levels wanting to develop their own leadership potential and



DATE & TIME

12th, 13th March & 2nd April 2025 9AM - 4PM each day



VENUE

March 12th & 13th- The Life Centre, Sale April 2nd- Altrincham Grammar School for Girls



Course Description

This programme is the second of our trilogy and is aimed at those who have completed the Part 1 Foundation Coaching Programme and now wish to develop a personal style and confidence in coaching, particularly in a leadership role.

Part 2 focuses on the skills, knowledge and understanding for:

- Establishing sound contracting arrangements appropriate to context and purpose
- Coaching in a leadership role for learning, performance and accountability attending to the ethics and boundaries of coaching
- Reflecting on and critiquing your own coaching practice
- Contributing to team and organisational learning in this field.

The coaching gives attention to the development of personal, values-based practice. Participants are offered guided and structured skills development on coaching for specific roles and purposes. Opportunities are provided for extended working on observation and feedback, and reflective practice is encouraged.

Leadership & Coaching

Coaching Phase 3-**Higher Level**



AUDIENCE

Leaders in education at all levels wanting to develop their own leadership potential and that of others



DATE & TIME 11th, 12th June & 9th July 2025 9AM - 4PM each day

£675

Course Description

This programme is the third of our trilogy and is aimed at those who have completed both Part 1 Foundation and Part 2 Coaching in Context Programmes and wish to apply their coaching skills and knowledge to strategic leadership.

Part 3 focuses on the skills, knowledge and understanding for:

- energising organisational culture and learning
- working with the ethics of performance stimulating reflective practice and enquiry
- Nurturing group and team communication
- Improving network capability

The approach taken involves collaborative enquiry into transactional and transformational cultures. Participants are offered guided and personal skills development and taught how to handle specialised and integrative experiences of learning. There is the opportunity to explore group and team coaching strategies for organisations. Further development of personal coaching skills is integrated into the work of the group.

Pupil Premium Reviewer Training



AUDIENCE

DATE & TIME

School Pupil Premium Leads, LLEs and NLEs, Teaching School Hub Directors and



VENUE Online via zoom





Course Description

The TSC Pupil Premium Reviewer Guide has been updated and written in partnership with DfE, EEF and the West Midlands Pupil Premium Reviewer Training Centre, based at The Golden Thread Teaching School Hub lead school, Painsley Catholic College in Cheadle, Staffordshire. Bright Futures Teaching School Hubs are working in partnership with the Golden Thread TS Hub to bring the Pupil Premium Reviewer training to Greater Manchester.

The training will equip reviewers to carry out reviews, share the latest quidance and best practice from DfE, and will lead to Pupil Premium Reviewer accreditation. This will enable participants to carry out accredited reviews, using a set of tools provided. Once trained, reviewers may charge schools for completing reviews.

Having completed the course participants will:

- · Understand the updated TSC 6 step framework to a review;
- · Explored barriers to reviews;
- · Looked at effective practice and processes;
- · Gained access to the online PPR resource centre;
- · Be able to complete PP reviews as an accredited reviewer.

Leadership & Coaching

Take Control of your own Inspection









Course Description

How to make the Ofsted process work for you and how to make sure that you feel confident with the new framework and all the demands.

This session is being run by Linda Emmett who has previously worked as an Ofsted Inspector and now helps schools prepare for Ofsted.

Preparing for Inspection as a Curriculum Leader





Course Description

If you want to feel more confident about the subject deep dive process or a deep dive into a theme e.g. reading then this course is for you.

We will take you through the kinds of questions you will need to think about, the best way to structure your answers, how to evidence answers and what the expectations will be on you as a subject leader and other teachers in the different phases.

This session will be run by Linda Emmett who has previously been an Ofsted Inspector and now supports schools to prepare for Ofsted.



Behaviour & Culture

NOCN Level 3 Certificate in Forest School Programme Leadership (RQF)



Course Description

Run over a total of 10 days, this course is an opportunity to explore to a higher level different approaches to using the outdoor environment in a Forest School setting and is for those who wish to coordinate, manage and lead Forest School Sessions with children, young people or adults.

You will investigate how best to design and run a Forest School programme and look at how to approach and apply it safely and effectively within your setting.

The course content of this qualification is based on up-to-date research surrounding aspects of:

- Holistic development
- Neuroscience
- Theories of Learning and Development
- Woodland conservation, history and management
- Wellbeing and nature connection
- Risk benefit assessments



Tools for Developing an Inclusive School



Course Description

On 29 March 2022 the Government published the <u>SEND Review: Right support, right place, right time</u>, a consultation on the special educational needs and disabilities (SEND) and alternative provision system in England. The Review has heard that we need a more inclusive system in order to ensure that Children & Young People with SEND are set up to thrive and are prepared for adulthood.

Delamere School has been awarded Flagship status by Inclusion Quality Mark.

This course will support you in developing an Inclusion Action Plan for your own setting, which is central to the success of the proposals set out in the Green Paper.

Supporting ADHD in School



Course Description

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental condition characterised by executive dysfunction with symptoms of inattention, hyperactivity, impulsivity and emotional regulation. Around 1 in 20 students have a diagnosis of ADHD which is approximately 5% of the population with 1 in 4 girls to boys being diagnosed with ADHD. Not everyone who receives a diagnosis will be affected in the same way, but some young people can struggle without adaptations being made and support being implemented.

The content of the course will explore the neuroscience behind ADHD, the behaviour associated with ADHD, and how it is diagnosed as well as treated.

The course will provide delegates with a range of strategies to implement in school to support students to thrive in the school environment.

Supporting Autism in School









Course Description

Autism is a spectrum condition and can affect child and young people in a range of different ways. Autism can affect how a person sees the world and interact with it. There can be some differences in how both verbal and non-verbal language is interpreted. Autistic young people may need support and adjustments to thrive as the world can appear a very unpredictable and confusing place for children and young people to navigate.

The content of the course will explore understanding Autism and the spectrum behaviours in line with the diagnostic tool using the descriptors from the DSM-V criteria.

The course will provide the course attendees with a range of strategies to implement in school to support students thriving in the school environment.

Understanding Dyslexia – Paving the Way for Inclusive Learning



Course Description

Every individual deserves to understand and leverage their unique strengths. By fostering understanding and embracing diverse learning styles, we empower individuals with dyslexia to thrive, contribute, and succeed.

Dyslexia is the most common of the learning difficulties affecting at least one in 10 children to some degree, an average of two to three children in every classroom. (Dyslexia institute)

The emphasis lies in catering to the requirements of those children who fall within the dyslexia spectrum, many of whom may not possess a formal diagnosis. By addressing common concerns raised by educators, we aim to offer insights, effective solutions, and inclusive strategies tailored to accommodate these children who exemplify non-traditional learning styles and who are often "stuck" in traditional settings.

OCD Training



Course Description

Obsessive Compulsive Disorder (OCD) is a mental health condition which can be misunderstood. Schools play a huge role in identifying the condition; there is currently a significant unmet need for early identification, awareness and intervention for pupils who have OCD.

The content of the course will explore OCD from the initial diagnosis, factors which can bring on the onset of the condition, living with OCD and ways to facilitate and make adaptations in school for OCD when it presents.

Aims of the course:

- · To develop an insight into OCD and the stigma that can come with the condition.
- \cdot To understand the language to use and implement strategies which can support students through making reasonable adjustments.

A Graduated Approach to SEMH



Course Description

Social, Emotional, Mental Health is a rising area of need for children and young people in school. There can be a number of reasons why we see SEMH in schools as they can be an unpredictable and confusing environment for students. Therefore, we need to understand what contributing factors are affecting our children and young people and how we can make adjustments in our environments to best support the presenting needs.

The content of the course will explore what SEMH is, contributing factors and how we as educators can implement support to provide best outcomes for students thriving in education.

Aims of the course:

- \cdot To develop a comprehensive understanding of SEMH needs, what they are, what are the contributing factors and how they may present in education settings.
- · The course will explore strategies how to support behaviour to maximise engagement in education.

Dyscalculia and Maths Anxiety







£150

Course Description

This one day course explores the definition of Dyscalculia and how it differs from more general Maths Difficulties. You will examine the causes and impact of Maths Anxiety, before exploring practical strategies for supporting learners with Dyscalculia and Maths Anxiety.





Working with EAL Learners from Arrival to Assessment to Achievement









Course Description

An introduction session on EAL to help you know where to start and how to support your EAL learners. This session looks at some of the basics and fundamentals of working with EAL learners with a variety of different needs. Including new arrivals processes, assessment and tracking, common barriers to learning, and a range of strategies to take away and try.

The session will cover:

- · An understanding of what an EAL learner is and how long it usually takes to learn English
- An idea of what it looks like from a T&L point of view to be at different levels of proficiency and what we can reasonably expect from each level
- What it feels like to be an EAL learner and how we can remove some of the cognitive load through adaptations to equality first teaching
- An understanding of common barriers to learning and how we can help support the whole child and not just the language development

Welcoming International New Arrivals









Course Description

This one day course will focus on developing an effective induction process for newly arrived children and provide you with a range of practical teaching and learning activities / resources to ensure International New Arrivals (INAs) are able to access the curriculum.

- Understand the diverse needs of International New Arrivals (INAs), including those seeking asylum, refugees and evacuees
- Explore the challenges and barriers experienced by INAs
- Have an increased awareness of how to ensure newly arrived learners and their families feel welcomed, safe and
- Guidance in developing a welcoming learning environment
- Explore processes to enable INAs to settle into school quickly and to ensure their needs are met
- Reflect on current induction and admissions procedures and share good practice
- Consider a range of effective T&L strategies and resources to support newly arrived EAL children
- Planning appropriate activities
- Explore a range of resources suitable for INAs
- Share existing good practice

Bespoke CPD

Are you looking for affordable, high quality CPD?

Our bespoke training courses are created and delivered specifically for you. Every school is unique, with a unique set of challenges. We can support you in identifying the CPD support that you need, whether it's a small change to one of our existing courses or a brand new programme for your staff, our experienced team will collaborate with you to explore your requirements and design the training you need.

How can we help you:

We can develop affordable bespoke CPD for a wide range of people including:

- individuals such as: subject leaders, coordinators, heads of departments
- a team/whole department
- a network of schools/groups
- multi-academy trusts
- initial teacher education

What we can offer:

Delivered through in-school training or live online workshops we can offer:

- consultancy
- one to one coaching (mentoring and advisory work)
- one day or series of courses
- twilight session or series of twilights

Bespoke CPD costs:

The cost of bespoke courses vary. We design all courses around specific requirements and therefore quote individually.

So if you are looking for CPD for heads of department, classroom teachers or whole-school CPD, email Claire Critchley at ccritchley@bright-futures.co.uk to find out more.

Get in touch today.

www.training.bright-futures.co.uk

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The best for everyone, the best from everyone