

A Little Workshop of Calm

Overview & Workshop Fees



Trainer: Heather Stack

Organisation: The Local Offer (SEND) Ltd

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Based: Bath, Somerset, BA1. Flexibility to deliver to East & West Midlands, South West & London. Other regions on request.

Rationale for course:

It has long been known that parents & carers of children with SEN or disability face unique parenting challenges. There is a recognition of their specific needs in all communities and enshrined in the Children and Families Act 2014. Evidence indicates these parents face challenges in social isolation, mental health, physical health and well-being and in managing the demands of often complex systems and services supporting their child.

A Little Workshop of Calm has been researched and written to address a number of key challenges and concerns for this parent group. The format of the workshop shows a progression moving from identification and recognition of specific challenges and stresses, to taking positive action. Individual components of the workshop are carefully planned to ensure the emotional journey is always one moving from recognition and reflection, to a positive state of well-being, clarity and calm.

Themes addressed:

1. Explore and identify personal stress triggers using the table as a guide.
2. Recognize harmful thought processes and their impact on physical & emotional health
3. Find your emotional energy peaks and learn how to optimise energy levels
4. Understand self-care and build a menu of self-care strategies
5. Exploring personal and family values and how they are shared in the family context
6. Realigning family values to create harmonious family time
7. Creating a personal Dream Board with a vision for the future
8. Steer your life from stress to bliss – your personal action plan – the next steps

Format:

The workshop is a flexible resource that can be delivered as a stand-alone two or three-hour workshop; as part of a wider range of parent-support events; or as a series of workshops giving more time for reflection and support through the full menu of activities.

It can be commissioned by local authorities, schools, parent-support groups or other providers.

Pre and post-programme simple measures of impact can be incorporated, on request.

The minimum to maximum running time of the workshop is 2 hours – 9 hours.

All resources are provided for up to 20 delegates per event.

Fees:

Costs for the workshop vary based on delivery time, location and commissioner.

Local destination is defined as within 45 mins drive from post-code BA1.

Additional charges for travel costs apply. Please ask for more details.

Two-hour stand-alone workshop	from £200	(c £10 per person based on 20 delegates)
Three-hour stand-alone workshop	from £250	(c £12.50 per person based on 20 delegates)
Three x 2-hour workshops on weekly basis		from £550
Three x 3-hour workshops on weekly basis		from £700

If what you are looking for is not covered in the options below, please do request a discussion to see how this workshop can benefit your setting or your vulnerable adult group.

Contact heather@thelocaloffer.co.uk

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