



Staff Inset Training

Aims

Our staff presentations and workshops aim to:

- Improve an understanding of the developmental needs of children from Year 3 upwards
- Develop Emotional Literacy among staff

The courses, which examine key physiological, psychological and emotional aspects of development, help to enhance skills that allow staff to function more calmly and effectively in challenging situations, whilst remaining clear and focused.

Outcomes

- Higher levels of motivation and attainment from pupils
- Heightened staff morale and overall classroom effectiveness
- Improved student behaviour
- Greater levels of moral and social responsibility amongst children

How Do Our Courses Promote These Outcomes?

- Contemporary research has raised awareness of the pivotal role emotions play in how our minds work and how we behave. **We bring these links to the fore by enabling participants to understand the connections between emotions, thoughts and behaviours and to use that understanding to modify behavioural responses.**
- Recent brain research has revealed an increasingly accurate picture of what is happening inside the developing brain in the pre-teen and teenage years. **Our material focuses on what this research tells us about the kind of adult responses and environment that are most effective for stable problem-free behaviour, growth and learning.**
- The need for children to develop key emotional and social skills which bolster all aspects of learning has been highlighted in DfES guidance (the SEAL initiative). **An enhanced awareness amongst staff, which our courses promote, results in improved emotional and communication skills which students absorb and emulate.**

How Our Courses Are Delivered

Inset Presentations for Staff in both Prep and Senior schools. These cover theoretical material related to the following topics:

- Linking Teenage behaviour & brain development (emotions & stress)
- Understanding behaviour patterns
- Adult interactions & responses to students
- Verbal & non-verbal communication styles
- Behaviour management/discipline
- Key psychological theories

Skills Development Workshops which complement the inset presentations, giving **staff** an opportunity to work in smaller groups in order to practice skills related to theory. These workshops also provide a forum for discussion on ways to improve student performance and can be used like a surgery where staff bring *specific scenarios or case studies* which we can use to help them identify new skills in order to enhance their teaching and pastoral roles. Skills covered include:

- Communication – adapting styles
- Behaviour – modifying reactions
- Identifying personal triggers – values & principles
- Emotional awareness – of self and others (empathy)
- Facilitation (eg during student fallouts, whilst disciplining, managing student anxiety, supporting student sadness/loss, motivation & encouragement)
- Listening

Teenagers Translated, 3 St. Peter's Grove, York, YO30 6AQ
Janey Downshire - 07808 144535
Naella Grew - 07939 035847
www.teenagerstranslated.co.uk