



Member Learning Programme

Jun - Dec 2018

<p>Positive Behaviour Support (PBS) – 1 day</p> <ul style="list-style-type: none"> • Learn about the background to PBS • Gain an understanding of the relationship between PBS and existing good-practice theory and guidance. • Explore a range of definitions for “challenging behaviour” and develop an awareness of the dangers of considering challenging behaviour as a label and consider why some people may have a “vulnerability” or “propensity” to behaviour described as “challenging”. • Gain a basic understanding of how behaviours work • Explore triggers and antecedents to difficult / challenging behaviours • Discuss some of the skills required to implement Positive Behaviour Support 	<p>Autism Awareness – 1 day</p> <ul style="list-style-type: none"> • Learn about the history, language and terminology in relation to autism • Causes of Autism? – Myths and misunderstanding, genetics, brain difference, new developments • Statistics, prevalence and diagnosis • An ‘autistic spectrum’ – ranges of functioning and impairment • Characteristics of Autism in relation to social interaction, communication and imagination/flexible thinking • Associated problems, conditions and impairments (communication, challenging behaviour, sensory issues, stereotypical or obsessive behaviours, movement difference etc) • Helpful responses - What can we do? 																																																
<p>Get that Job! – 1 day</p> <p>Explores your strengths and skills and helps you demonstrate those on your job application form.</p>	<p>Power to be You - 1 day</p> <p>This is a confidence building workshop that will help you improve your self esteem and learn more about UNISON's development opportunities.</p>																																																
<p>CV Writing – 1 day</p> <p>This one day workshop will cover the aim of a CV, the contents and format, writing personal statements and cover letters/letters of application to accompany your CV.</p>	<p>Interview Skills – 1 day</p> <p>This one day workshop will help you prepare for an interview; including what to take with you, look at potential questions asked at interview and how to answer them, plus the questions to ask at an interview and useful tips that lead to job offers.</p>																																																
<p>Mental Health Awareness – 1 day</p> <p>This course will help you to understand the historic approaches to mental health and how we address the issue today. You will discuss the possible causes of mental health problems, and develop an awareness of common types of mental health conditions (inc. psychosis / neurosis / paranoia / affective disorders / schizophrenia / personality disorder etc.).</p> <p>You will discuss the language used when addressing mental health, the use of terminology, appropriate communication methods, challenge public perceptions, attitudes and media portrayal and how we can support those affected by mental health issues.</p>	<p>Confidence Skills – 1 day</p> <p>This course will help you to understand what confidence means and understand how to develop a positive self identity. The course will look at:</p> <ul style="list-style-type: none"> • Assertive behaviour • Passive behaviour • Aggressive behaviour • Improving confidence through communication skills • Building a positive view of yourself • Setting goals • Decision-making • Expressing your own ideas and opinions 																																																
<p>Challenging Racism in Schools – 1 day</p> <p>This one day workshop is delivered by ‘Show Racism the Red Card’ – a charity working throughout the UK delivering anti racism workshops to young people and schools staff.</p> <p>The aim of the workshop is to raise awareness of the consequences of racism and the effects on young people. This is an opportunity for school support staff to improve their knowledge and gain new skills to confidently discuss racism and promote equality in their classroom and the whole school. This workshop will cover:</p> <ul style="list-style-type: none"> • How to educate young people about racism through group activities • Understanding the effects of hate crime • How to recognise, respond to and report racist incidents in school • Understanding terminology – exploring the history of terms & understanding what is acceptable 	<p>Interview Presentations (inc Powerpoint) – 1 day</p> <p>This one day workshop aims to:</p> <ul style="list-style-type: none"> • Prepare to give an effective confident presentation for the interview situation. • Examine the structure of a basic presentation • Discuss what makes a good presentation • Use PowerPoint to enhance a presentation • Practise presentations <table border="1" data-bbox="746 1590 1532 2004"> <thead> <tr> <th>Date</th> <th>Course Title:</th> <th>Location</th> </tr> </thead> <tbody> <tr> <td>22/09/18</td> <td>Positive Behaviour Support</td> <td>Cardiff</td> </tr> <tr> <td>26/09/18</td> <td>Autism Awareness</td> <td>Colwyn Bay</td> </tr> <tr> <td>29/09/18</td> <td>Autism Awareness</td> <td>Cardiff</td> </tr> <tr> <td>3/10/18</td> <td>Autism Awareness</td> <td>Swansea</td> </tr> <tr> <td>6/10/18</td> <td>Mental Health Awareness</td> <td>Colwyn Bay</td> </tr> <tr> <td>6/10/18</td> <td>Stress & Anxiety Management</td> <td>Cardiff</td> </tr> <tr> <td>13/10/18</td> <td>Get that Job</td> <td>Swansea</td> </tr> <tr> <td>13/10/18</td> <td>Interview Skills</td> <td>Colwyn Bay</td> </tr> <tr> <td>29/09/18</td> <td>Stress & Anxiety Management</td> <td>Llandrindod Wells</td> </tr> <tr> <td>20/10/18</td> <td>Interview Presentations (inc Powerpoint)</td> <td>Cardiff</td> </tr> <tr> <td>3/11/18</td> <td>Confidence Skills</td> <td>Cardiff</td> </tr> <tr> <td>10/11/18</td> <td>Power to be You</td> <td>Cardiff</td> </tr> <tr> <td>10/11/18</td> <td>Stress & Anxiety Management</td> <td>Colwyn Bay</td> </tr> <tr> <td>17/11/18</td> <td>Mental Health Awareness</td> <td>Cardiff</td> </tr> <tr> <td>24/11/18</td> <td>Stress & Anxiety Management</td> <td>Swansea</td> </tr> </tbody> </table>	Date	Course Title:	Location	22/09/18	Positive Behaviour Support	Cardiff	26/09/18	Autism Awareness	Colwyn Bay	29/09/18	Autism Awareness	Cardiff	3/10/18	Autism Awareness	Swansea	6/10/18	Mental Health Awareness	Colwyn Bay	6/10/18	Stress & Anxiety Management	Cardiff	13/10/18	Get that Job	Swansea	13/10/18	Interview Skills	Colwyn Bay	29/09/18	Stress & Anxiety Management	Llandrindod Wells	20/10/18	Interview Presentations (inc Powerpoint)	Cardiff	3/11/18	Confidence Skills	Cardiff	10/11/18	Power to be You	Cardiff	10/11/18	Stress & Anxiety Management	Colwyn Bay	17/11/18	Mental Health Awareness	Cardiff	24/11/18	Stress & Anxiety Management	Swansea
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<p>Stress & Anxiety Management – 1 Day</p> <ul style="list-style-type: none"> • Understand the terms ‘anxiety’, ‘panic attack’ and stress. • Understanding causes and symptoms of anxiety and stress. . • How anxiety and stress can affect the individual and the individual's friends and family. • How different ways of thinking and behaving can affect anxiety and stress. • How anxiety and stress can be managed. 																																																	

Further details on each course can be obtained from Sheila Morris s.morris@unison.co.uk

Course Title:

Date(s):

Location:

We use this information to add your name to the training database for this event and to update your membership details

Membership No.

Last Name:

First Name:

Your home address:

Postcode

Phone number (day time):

Gender is used to ensure equal access to all gender groups

Female

Male

Other

Details of the course will be sent by email so please give the one most likely to get through

Email

Note – some employers have firewalls that block our emails so a personal email address would be preferable if you have one.

We use this information to ensure equal access to all branches

Your Branch:

This information tells us if you have any specific requirements that will help you to fully participate in the course.

If you have access requirements, tell us here:

Tell us here of there any learning support requirements. For example do you require course materials in a different format, in large print, or on coloured paper?

Food: Give details here if you have any special dietary requirements:

Please note that we use your name and branch on the course register which is provided to all participants and the tutor in the course pack.

Any information given will be treated in the strictest confidence and will only be used for the purposes stated on the form. This form and any attachments will be securely stored and destroyed after one year.

For more information on how UNISON uses your personal data, please go to: www.unison.org.uk/privacy-policy

This course is funded by UNISON and provided free to unison members. Lunch will be provided.

Confirmation of course attendance will be sent after the closing date.

Once confirmation has been received, please advise us ASAP if you are no longer able to attend.

Please return this form to:

Sheila Morris,
Education & Training Team, UNISON House,
Custom House Street,
Cardiff CF10 1AP

Tel: 02920729477 Fax: 02920387531 E-mail: s.morris@unison.co.uk

