

Trauma and Mental Health Informed Schools and Communities **TINY TRAININGS**



NEW short trainings designed to help with the demands and challenges faced by those working with children and young people. We understand the seemingly impossible task of meeting the needs of both children and adults while working within budgetary and time constraints.

These expert-led sessions are **short yet impactful**, equipping you with **practical strategies and accessible theory** to enhance well-being and support through a **trauma-informed lens**. Whether you work in education, youth and social work, or a community setting, there's something for everyone.

The topics will continue to develop and grow in response to your needs. We are starting with:

- ➔ **Leading with Empathy**
Practical leadership skills to drive positive change with empathy.
- ➔ **Help! I'm in Education, get me out of here!**
Mitigating the potential of burnout in a job where the challenge gets bigger and resources get fewer.
- ➔ **Supporting the Strugglers: stories behind the empty desk.**
Helping children who can't attend.

Let us know what else you want!



**TRAUMA
INFORMED** 
SCHOOLS + COMMUNITIES

**To book your place
OR get in touch:**

wales@traumainformedschools.co.uk

Price: £75 (no VAT)

Format: 2 Hours

Venue: Online via Zoom



Ysgolion a Chymunedau Gwybodus ynghylch Trawma ac Iechyd Meddwl

HYFFORDDIANT TWT



Hyfforddiant byr **NEWYDD** wedi'u cynllunio i helpu gyda'r galwadau a'r heriau a wynebir gan y rhai sy'n gweithio gyda phlant a phobl ifanc. Rydym yn deall y dasg ymddangosiadol amhosibl o ddiwallu anghenion plant ac oedolion wrth weithio o fewn cyfyngiadau cyllidebol ac amser.

Mae'r sesiynau hyn a arweinir gan arbenigwyr yn fyr ond yn llawn effaith, gan roi strategaethau ymarferol a theori hygyrch i chi i wella llesiant a chymorth trwy lens sy'n seiliedig ar drawma. Os ydych yn gweithio mewn addysg, gwaith ieuencid a chymdeithasol, neu leoliad cymunedol, mae rhywbeth ar gyfer pawb.

Bydd y pynciau'n parhau i ddatblygu a thyfu mewn ymateb i'ch anghenion. Rydym yn dechrau gyda:



Arwain gydag Empathi

Rheoli newid mewn ffordd garedig gydag offer ymarferol ar gyfer newid gwirioneddol



Help! Rydw i mewn Addysg, ewch â fi allan!

Lliniaru'r potensial o orlifo mewn swydd lle mae'r her yn cynyddu ac adnoddau'n mynd yn llai



Cefnogi'r Brwydrwyr: straeon y tu ôl i'r ddesg wag

Helpu plant na allant fynychu.

**Rhowch wybod i ni beth
ydych chi eisiau!**



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