

SECTION 3 of Directory

Staff support

Section 3 - Staff Support

Staff Supervision and Support	ST001
Self-Care Workshop	ST002

Introduction

Planned, professional supervision and case discussion is at the heart of safe and effective decision making in safeguarding and child protection practice.

CES can provide pastoral staff / Family Support and Attendance staff with specialist supervision as part of our offer to schools and academies.

Sessions last for one hour and can be delivered termly or half termly depending upon school / staff needs.

The session is facilitated by a skilled and experienced consultant, and considers issues including

- Individual case discussion
- Identifying challenges and barriers and finding solutions
- Identifying good practice
- Exploring safe decision making
- Reflective practice and discussion
- Staff wellbeing and support

Sessions are discussion based, and can be delivered formally with an agenda and agreed action points for the participant.

Sessions are voluntary, confidential and are as far as possible flexible to the needs of the participant.

Length of session: 1-hour x 6 sessions (one per half term)

Cost	Core	Enhanced	Non-SLA
In School	£375	3 Credits	£450

Introduction

This course will provide staff with an awareness and understanding in relation to self-care. It will help staff to reflect and explore how they can incorporate self-care strategies into their daily routines.

Attendees

This training is suitable for all staff, including, management, school/organisation staff, family support, residential staff, support workers and attendance.

It is important staff are provided with the choice as to whether they want to attend this workshop and this workshop is not enforced but encouraged.

Course content:

- Understanding the 5 areas of self-care
- Exploring the meaning of self-care
- The importance of self-care
- What it means to be 'burnt out'
- Building a self-care plan and exploring how to effectively maintain this
- Looking at the importance of boundaries
- Top tips to improve wellbeing

Length of course: 1.5 hour

If you as a school/organisation have bought in supervision sessions, you will receive this workshop free of charge.

If you would like this workshop as stand alone prices are as follows:

Cost	Core	Enhanced	Non-SLA
In School	£250	2 Credits	£300