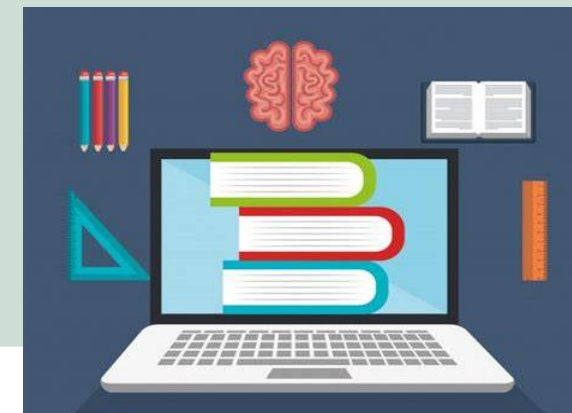


# Leicester City SEMH Virtual Training



	Workshops	Time-to-Talk	Training
Outline	Facilitated discussion around a given stimulus for up to 6 participants. 45mins	Short training and discussion for up to 6 participants. 1hr	Training sessions for larger staff groups. 2hrs +
Cost	Free (LA schools and gold package academies) £60 (Academies)	£60	£150 - £450
Subjects and suggested participants	<ul style="list-style-type: none"> <li>• Being Emotionally Available to Others (TAs)</li> <li>• Self-Care Whilst Looking After Others (all staff)</li> <li>• Nurture Groups &amp; Covid-19 (Nurture group staff)</li> <li>• Goodbye Matters (TAs)</li> <li>• Windows of Tolerance (all staff)</li> <li>• The Power of Connections (TAs)</li> <li>• 5 Ways to Help Children Heal (SLT, teachers)</li> <li>• P.A.C.E. Approach - Dan Hughes (all staff)</li> <li>• Bespoke workshops on request</li> </ul>	<ul style="list-style-type: none"> <li>• How to Regulate Ourselves &amp; Others (all staff)</li> <li>• Transition (teachers)</li> <li>• Recovery Curriculum: Where do we go now? (SLT, teachers)</li> <li>• Using Lego to Share Emotions (TAs)</li> <li>• Mindfulness (all staff)</li> </ul> <p>Bespoke SEMH Time-to- Talks sessions are also available, speak to your SEMH link teacher.</p>	<ul style="list-style-type: none"> <li>• Covid-19 response (all staff)</li> <li>• Bereavement and grief (all staff)</li> </ul> <p>Standard and bespoke SEMH training sessions are also available, speak to your SEMH link teacher. These can be run as half a day training sessions</p>



Sessions will take place using Microsoft Teams and will be facilitated by at least 2 members of the SEMH team. For more information and to arrange training, please contact your SEMH link teacher.