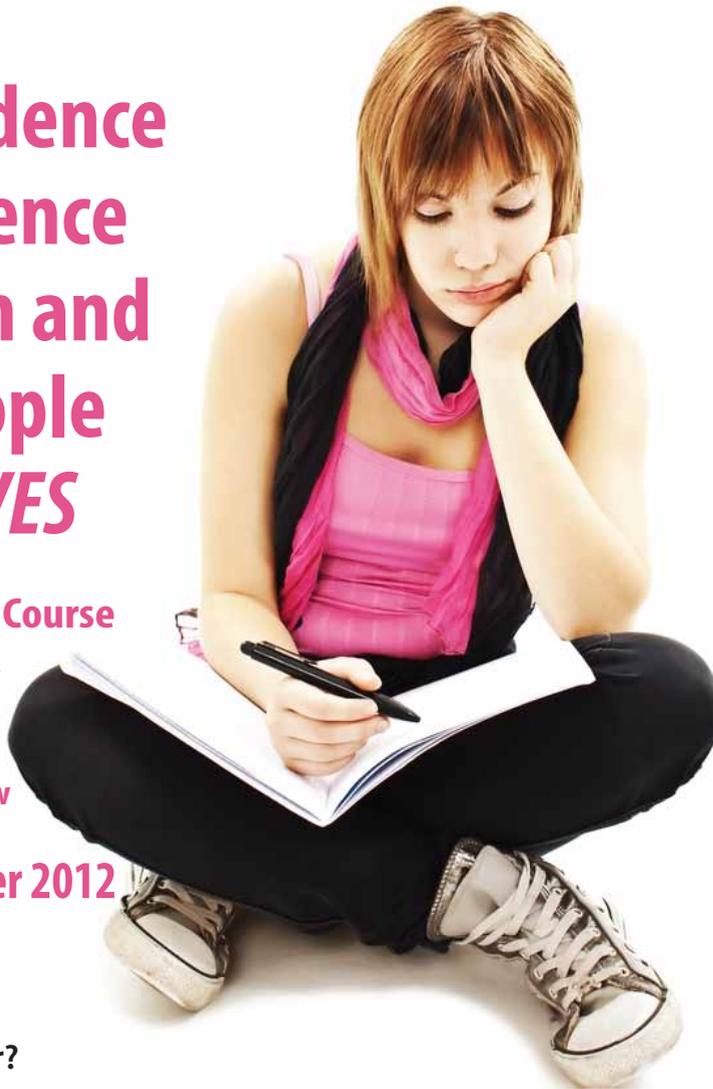


Building Self-Confidence and Resilience in Children and Young People & *OURSELVES*

A Half Day Training Course
with Dr Alex Yellowlees,
Medical Director and
Consultant Psychiatrist,
Priory Hospital, Glasgow

Friday 16 November 2012
Glasgow



Who The Course Is For?

This course should be invaluable to a wide range of professionals including: teachers, head teachers, social workers and other social care staff, youth and community workers, charity and voluntary organisations, mental health professionals and others who support children and young people.

3 Easy Ways to Book

- Online: www.medicacpd.com

- Telephone: 0141 270 8097 / 079 6656 1474

- Post 



MEDICACPD



Why are some children and adults able to cope with life's challenges, stresses and set backs yet others falter? Building resilience and confidence in children are important as this is what provides them with the ability to cope with stresses, and to thrive or "bounce back".

This course will provide you with an essential knowledge up date as well as the skills to support children and young people building their own resilience and confidence. Most importantly, we will discuss practical strategies and approaches for fostering resilience and self esteem and *how to build your own resilience and self esteem too!*

The course will be taught through a lively mix of visual presentations, scenarios, and discussion to ensure your learning is interesting, engaging and informative.

Course Tutor: Dr Alex Yellowlees BSc, MBChB, MRCPsych, MPhil

Alex is Medical Director of the Priory Hospital in Glasgow and the Priory Edinburgh Consulting Rooms. He is a Consultant Psychiatrist providing specialist help for a wide range of psychological and emotional issues such as depression, anxiety, low self-esteem, eating disorders and relationship difficulties. His lively and practical teaching style makes Alex extremely popular as a trainer, presenting at numerous conferences and seminars. He is frequently consulted by the media to comment on health issues and was the resident psychiatrist on STV's 'The Hour Show'. Alex has published and co-authored five books on topics such as self-confidence, self-esteem and eating disorders.

Course Information

Date: Friday 16th November 2012

Venue: Recital Room, City Halls, Glasgow

Time: The course will start promptly at 9.30am and finish at 12.30pm. Registration will be from 9.00 - 9.30 pm

Registration cost: £95.00 + vat including refreshments

Certificates of Attendance: Will be provided

Registration

By Post: To register for this course, please complete the registration form on the leaflet, detach and return no later than

Monday 5th November 2012.

Online: www.medicacpd.com

Telephone: 0141 270 8097 / 079 6656 1474

It is advisable book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you; if you have not received confirmation within ten days of submitting your booking please contact Carolyn on the above numbers or email carolyn@medicacpd.com.

Registration Form

Your Details (Please fill in BLOCK CAPITALS)

| | | |
|------------------|---------|------------------------|
| First name | Surname | |
| Job title | | |
| Organisation | | |
| Email (required) | | |
| Address | | |
| | | Postcode |
| Telephone | Fax | Special diets/mobility |

- Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post please tick this box. If you do not receive confirmation of your booking within 10 days please call 0141 270 8097 or email Carolyn@medicacpd.com

I wish to attend (please tick the box)

- A Half Day Course on Building Self-Confidence and Resilience**

Friday 16th November 2012, Glasgow, £95 + £19.00 vat = **£114.00**

How to Pay: It is the responsibility of the delegate to ensure payment is made prior to attendance of the event (please tick the appropriate box)

- By Cheque:** I enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with the form to the address below for the attention of Carolyn Fraser.

- By Credit Card:** Please book online at www.medicacpd.com

Please note: A small service charge of 3.4% will be added to all credit/debit card payments

- By Invoice:** Please send invoice to if different from above –

Name: (in BLOCK CAPITALS) _____

Job Title _____

Organisation _____

Address _____

_____ Postcode _____

Email (required) _____ Telephone _____

Purchase order number (if relevant) _____

An invoice will be sent to the appropriate person by email. If you would prefer to receive confirmation by post please tick this box

Payment: 30 days from invoice date or before the event date (whichever comes sooner). Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

Terms and Conditions 1. Your registration constitutes a legally binding agreement. Payment must be received before the event. 2. Cancellation policy: Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before the 14 September 2012. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day are liable for the registration fee. 3. The organisers reserve the right to change the programme, speakers and venue as required. 4. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs.

Data Protection The personal data that you supply during the registration of these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the events. The personal data in the database will be retained by the Conference Organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.



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Registered in Scotland No: SC404764

VAT Registration nos: 131 3638 40