



# BUILDING EMOTIONAL WELL-BEING AND RESILIENCE IN PRIMARY SCHOOL CHILDREN

## A Half Day Training Course Friday 22<sup>nd</sup> April 2016, Glasgow

A “MUST” attend course for all primary school teachers and staff and other professionals with a health and well-being remit working with this age group.

### Course Tutors

**Dr Chris Williams**, Medical Doctor and Professor University of Glasgow and President of the BABCP (the lead body for cognitive behavioural therapy (CBT) in the UK).

**Ann McCreath**, Development & Implementation Manager, Five Areas and Clinical Nurse Therapist.

## Save Money!

If you book the **Healthy and Happy 2016 Conference, 21/04/16 & Building Emotional Well-being and Resilience in Primary School Children Course** together, *22/04/2016\**

## 4 Easy Ways to Book

**Online** [www.medicacpd.com](http://www.medicacpd.com)

**Telephone** 0141 638 4098

**Post** Using the registration form

**Email** Fill in the registration form with Adobe Reader and return with the Submit button, or email to [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)



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A HALF DAY TRAINING COURSE, FRIDAY 22<sup>ND</sup> APRIL 2016

**Research tells us children and young people who have developed characteristics of resilience are able to cope and adapt more successfully to life's challenges and obstacles, do better at school, have better health, and achieve success.**

## Who Should Attend?

This course should be invaluable to a wide range of professionals including: education professionals, social workers and support workers, youth and community workers, and other professionals who want to learn more about building resilience in primary school aged children and supporting them.

## About the Course

This course developed by Dr Chris Williams, will help you to communicate key life skills to the children in your care more effectively:

▶ **Informative & Fun Learning;**

The course will be taught through a lively mix of presentation, discussion and engaging story-based scenarios which children face at home and at school - you tell the story, children learn.

▶ **Gain Practical Strategies and Ideas for building emotional well-being and resilience in primary school aged children;**

The course uses everyday scenarios to identify common positive negative emotions. Helps children work out why they feel as they do and small changes that add up.

▶ **Think Differently About Your Work & Work More Effectively;**

Builds on how you think and work as a teacher or practitioner.

▶ **It's a "Jargon Free" Course;**

Yet retains the key elements needed for change.

▶ **Educational Resources;**

Takeaway key worksheets & gain 3 months free access to a wealth of additional online course resources developed by Dr Chris Williams which part of a larger educational resource.

▶ **Certificates of Attendance**



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## About Your Tutors



**Dr Chris Williams** is a medical doctor and Professor at the University of Glasgow, he is also a member of the British Psychological Society (BPS) and Honorary Fellow and Past-

President of the British Association for Behavioural and Cognitive Psychotherapies – the lead body for CBT. Chris is an award-winning and widely recognised researcher and his lively and practical teaching style makes Chris an extremely popular as a trainer, presenting at numerous conferences and courses throughout the world.



**Ann McCreath** is Development & Implementation Manager at Five Areas and is also Clinical Nurse Therapist with extensive experience as a clinician, trainer and supervisor. She has

worked closely with a range of primary and secondary schools and also has previously taught in adult further education. Ann is an accredited CBT practitioner with the British Association for Behavioural and Cognitive Psychotherapies.

## Course Details

<b>Date</b>	Friday 22 <sup>nd</sup> April 2016
<b>Venue</b>	Hilton Glasgow Grosvenor Hotel, 1-9 Grosvenor Terrace, Glasgow G12 0TA Tel 0141 339 8811
<b>Time</b>	The course will commence promptly at 9:30am and finish approximately at 12:30pm
<b>Cost</b>	£97 + VAT

## How to Register

**By Post** To register for this course, please complete the registration form and return no later than Thursday 14<sup>th</sup> April 2016

**Book Online** [www.medicacpd.com](http://www.medicacpd.com)

**Telephone** 0141 638 4098 / 0141 387 4684

It is advisable to 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 us on the above numbers or email [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)



# REGISTRATION



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## 3 Easy Ways To Register

1/ Register online: Please click [here](#) or go to [www.medicacpd.com](http://www.medicacpd.com)

2/ Register by telephone: Call us on 0141 638 4098/0141 387 4684

3/ Register by post: Fill in form below, print and post to address at the bottom or email it to [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)

### Your details

Please fill in **BLOCK CAPITALS** or with Adobe Reader ([get.adobe.com/uk/reader/](http://get.adobe.com/uk/reader/)) and click Submit to email back

First name

Surname

Job Title

Organisation

Email (required)

Tel

Address

Postcode

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 638 4098 or email [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)

### I wish to attend the following event

Please tick the appropriate box

**Building Emotional Well-being and Resilience in Primary School Children Course,**  
22/04/2016, £97 + £19.40 VAT = £116.40

Please call Medica CPD office on 0141 638 4098 for group bookings

### How to pay

Please tick the appropriate box. It is the responsibility of the delegate to ensure payment is made prior to attendance of the event

**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](http://www.medicacpd.com)  
(Please note: a small charge of 3.4% will be added to all credit/debit card charges)

**By Invoice** Please send invoice to (if different from above)

First name

Surname

Job Title

Organisation

Email (required)

Tel

Address

Postcode

Purchase order number (if relevant)

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

**Payment due:** 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 **21<sup>st</sup> February 2016**. 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 this event will be entered into a database and used by the event organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the event 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 event 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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