

# Building Resilience In Children And Young People

A Half Day Training Course

Course Tutor:  
**Dr Pooky Knightsmith**  
Mental Health  
Consultant,  
Author and Trainer

Thursday 6th  
November 2014, Glasgow

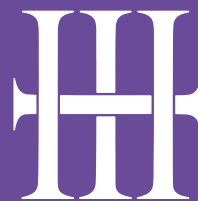


## Feedback from Previous Delegates:

*"Everyone working with children and young people should attend this course!"*

*"Excellent knowledge update, lots of good examples and practical strategies"*

*"Pooky Knightsmith's presentation and style was lively and inspiring"*



MEDICACPD

## 4 Easy Ways To Book

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

Tel: 0141 638 4098/0796 656 1474

Email: [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)

Post: 

# TRAINING COURSE- 6th November, 2014

## About The Course

By developing resilience and coping skills in children, we're providing them with the tools they need to keep themselves emotionally healthy and psychologically safe. This training course will help you understand what we mean when we talk about resilience and why it's so important. We will then consider practical approaches that will enable you to develop the resilience and coping skills of the young people in your care.

## This Course Will Enable Participants To:

- Understand what resilience is and why it's important.
- Understand how to develop resilience in young people.
- Develop your ability to act as a positive resilience role model.
- Recognise and overcome barriers to resilience.
- Help young people in your care to cope with adversity.

The course will be taught through a lively mix of presentation, case studies and discussion to ensure your learning is interesting and informative.

## Who Should Attend?

The course should be of interest to education professionals from mainstream schools, special schools and local authorities, social workers and support workers, health care professionals and other professionals who provide support for children and young people.

## Course Tutor:

### Dr Pooky Knightsmith, Mental Health Consultant, Author and Trainer

Pooky is known for her passionate, engaging and highly practical teaching style and has run many courses particularly for professionals working in education, social care and health settings as well as parents and students on a wide range of mental health topics. Pooky completed her PhD in child and adolescent mental health at the Institute of Psychiatry, London, where she specialised in developing practical strategies for supporting children and young people schools and other non-clinical settings.

### Training Course Details

Date: Thursday 6th November 2014  
Venue: Glasgow City Centre (tbc)  
Time: 9:30am-1.00pm.

Registration will be from 9.00am to 9:30am

*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 one of the above numbers.*

Registration cost - £98 +VAT. This includes lunch & refreshments.

### Registration

By Post: Please complete the registration form attached and return no later than Wednesday 29th October 2014.

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

Tel: 0141 638 4098/0796 656 1474

**Discount:** Register for both the Self Harm and Eating Disorders Conference and Building Resilience Training Course together to receive a £30 discount, details: [medicacpd.com](http://medicacpd.com) Please phone 0141 638 4098 to book.

# Registration Form

(Please fill in **BLOCK CAPITALS**)

Delegate's First Name: ..... Surname: .....

Job Title: ..... Organisation: .....

Email (required): .....

Address: .....

Postcode: ..... Telephone: .....

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 *(Please tick appropriate box)*

## Training Course – Building Resilience in Children and Young People

Thursday 6th November 2014, £98 +VAT= £117.60

For Group bookings please call the Medica Cpd Office on 0141 638 4098

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

- By Cheque: Please enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with completed form to the address below for the attention of Carolyn Fraser.
- By Credit Card: Please book online at [www.medica.cpd.com](http://www.medica.cpd.com)  
(Please note: A small charge of 3.4% will be added to all credit/debit card payments)
- By Invoice: Please send invoice to *(if different from above)*–

Full Name: .....

Job Title: ..... Organisation: .....

Purchase Order Number .....

Email *(required)*: .....

Address: .....

Postcode: ..... Telephone: .....

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 £30.00 will be given to all cancellations received before the 22nd September 2014. After this date the full fee is payable, whether in attendance or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day will be 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.

Medica Cpd Ltd | Suite 23 | 1 Spiersbridge Way | Spiersbridge Business Park | Thornliebank | East Renfrewshire | G46 8NG | Tel: 0141 638 4098/07966 561 474 | Email: [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)

Registered in Scotland No: SC404764 | VAT Registration nos: 131 3638 40