

This course is designed to shine a spotlight on behaviours that happen within your organisation, club or groups activity sessions, why they happen and frame some helpful discussions and thinking about the purpose of a behaviour and how you might respond to those.

Behaviours happen all the time, during this course, we will bring ideas and examples from practice from working in mainstream sessions with a range of needs and abilities to closed group, bookable sessions and including people with complex needs.

We will explore behaviours through the lens of disability, understanding disabled people's experiences to develop empathy and understanding in choosing the right approach and creating environments of success.

This course provides you with space to reflect and to consider tools and approaches to responding positively to behaviour, effective strategies and to consider person centred approaches to manage and de-escalate behaviours.

By being equipped to deal with a range of behaviours and techniques, everyone benefits, your participants, staff and volunteers and parents / carers of a child with a disability.

### Who's it for?

- Activity Activators
- Coaches, Leisure Assistants, Volunteers
- PA's, TA's, Support Workers
- Activity Leaders, Project Managers, Operation Lead Staff

### Course Aims

- Create room for reflection and conversation regarding behaviour, what it is, why it happens, what the function or purpose of a behaviour is and how we typically respond to behaviours.
- Help course delegates understand and empathise when a behaviour happens, explore from practice certain types of behaviours that can happen within an activity, or a setting where sport, physical activity or activities take place and why certain behaviours are happening.
- Share good practice of responding well to behaviour, tools and techniques that may be appropriate, useful or helpful when planning for interaction or in the moment, working with, including or supporting a disabled person within your activity, club or sport.
- Build delegates knowledge, skills and behaviour and confidence in choosing good responses to behaviour in the workplace and tools to manage behaviour.
- Improve your toolbox by providing tools, techniques and strategies to managing behaviour effectively, working with and supporting disabled people in your organisation, club, group and activity.

### Learning Outcomes

- Gain a broader understanding of behaviour, relate this understanding back to your setting, sport, club or activity and consider new ways of adapting or responding to behaviour successfully.
- Gain new insight into behaviour, causes, triggers reflecting this back to your setting, sport, club and activity and identify areas of potential conflict or where behaviours are most likely to occur and how you might prepare or adapt your provision.
- Equipped to understand behaviours and causes and to have discussed and reflected on a range of approaches or interventions that could be employed in communicating well with people, meeting needs and de-escalating, regulating with disabled people.
- Choose positive responses to behaviours, utilise good, clear, confident communication, and manage behaviours resulting in better outcomes and improved relationships leading to greater participation in your club, sport or activity.

- **Cost of course - £350**

- **Group size minimum of 6 people maximum 12**

- **Learning from shared practice and each other.**

- **Tools, techniques, strategies to managing responses to behaviour.**

- **Unique, dynamic post course follow up and support of delegates.**

