



**Give us
a break!**

Training for Trainers

SOUTH
LANARKSHIRE
COUNCIL

NHS
Lanarkshire

WE ARE
MACMILLAN.
CANCER SUPPORT



Aims of Training for Trainers

- ❑ To build upon previous knowledge and understanding gained through the IFT and delivery of GUAB groups.
- ❑ Discuss various adult learning style theories and how these will apply to you as a Trainer.
- ❑ Provide an opportunity to reflect on bereavement, loss and attachment and how this impacts on children and young people.
- ❑ To provide you with an opportunity to reflect on the qualities and skills you will bring as a solution focused GUAB Trainer and how to make solution focused groupwork successful.
- ❑ To equip you with the knowledge and skills to competently and confidently deliver the IFT and co-ordinate GUAB within your local area.



Activity

Share with the person
beside you one thing that
has gone well this week in
work!





Course content

Morning:

- Introduction to GUAB Training for Trainers.
- Adult learning styles.
- Bereavement, loss and attachment.
- Solution focused group work.

Afternoon

- Review of Initial Facilitator Training.
- Practical considerations.
- Questions, evaluations, next steps.

Finish



Why develop a Training for Trainers programme?

- Growing need within particular areas.
- To enable children and young people throughout the UK to benefit from GUAB.
- To ensure we are able to continuously respond to training requests.
- Further increase capacity among facilitators.
- To support the embedding of GUAB as a national bereavement, loss and change programme.



Our vision

Every young person in Scotland, and beyond, will know about *Give us a break!*, and have access to this group support as and when they need it.



What are your best hopes
from this training?

Answer on a post-it