

Nessie Training delivers Courses, Individual trainings & 'Train the trainer' models

Course	Title	Length of course	Online or in-person	Benefits	Cost
DfE Senior Mental Health Leads Training	Foundation in Mental Health	8 x 2.5hr Weekly sessions	Weekly live sessions online. Additional learning needs supported	<ul style="list-style-type: none"> Delegates gain greater insight into a range of MH aspects Opportunity to strategically plan school MH transformation Opportunity to work with other SMHL to explore, discuss and plan 	£800
Foundation in Mental Health	A Foundation in Emotional and Mental Health	8 x 2hr weekly session	Weekly live sessions online Additional learning needs supported	<ul style="list-style-type: none"> Greater insight into a range of MH aspects Explore strategies to support early intervention with young people in school Hands on practical tools 	£800
Midday Support staff training	Positive Support Training	2hr Training	Online or In-person	<ul style="list-style-type: none"> Broader understanding of children's mental health Developing appropriate and effect responses 	£500
Governors MH Training	A Governor's role in Supporting Staff & Pupil wellbeing	2.5hr Training	Online or In-person	<ul style="list-style-type: none"> Greater awareness of a range of MH aspects Auditing and exploring early intervention provision Considering effective management structures linked to policies 	£500

Choice of individual topics offered by Nessie	Cost	
<p>Professionals</p> <p><i>Approximately 2.5 hour training delivered online or in-person</i></p>	<p>Course Titles: Anxiety 'Anxiety in Children and Young People' EBSA 'Emotional Based School Avoidance' Bereavement & loss 'Bereavement & Loss – Supporting Young People in School' Self-harm 'Positively Supporting Children and Young People who Self-Harm' Positive Behaviour Support (PBS) 'Positive Behaviour Support' Trauma & Attachment 'A Foundation in Trauma & Attachment' LGBTQ+ & Diversity –'Supporting Trans & Gender Questioning Pupils' Assessment & Evaluation 'Assessment & Evaluation' Staff wellbeing 'Staff Wellbeing' Arts for wellbeing – 'Arts for Wellbeing'</p>	<p>£500 for individual training. £800 for two consecutive bookings</p>
<p>Parent/Carers</p> <p><i>2hr training delivered online or in-person</i></p>	<p>Anxiety 'Supporting Young People with Anxiety' EBSA 'Supporting young people who are struggling to attend school – EBSA' Bereavement & loss 'Bereavement & Loss' Self-harm 'Positively Supporting Children & Young People with Self-Harming Behaviours' LGBTQ+ & Diversity 'Supporting Parent/Carers of Children who are Trans & Gender Questioning'</p>	
<p>Parent/Carer forums for children with ASC and/or ADHD</p>	<p>Supporting children with ASC:</p> <ul style="list-style-type: none"> • Displaying self-harming behaviours • Understanding their sexuality • Who are gender questioning • Who are masking • <p>Supporting children with ASC / ADHD with:</p> <ul style="list-style-type: none"> • Anxiety • Bereavement and loss • Behaviours that challenge 	

<p><i>'Train the trainer' models for individual settings.</i></p>	<ul style="list-style-type: none"> • NESSie 'My world and me' A school 12-week programme for children who struggle to emotionally regulate. These children often present with emotional/behavioural difficulties • NESSie 'My time' A child led, play based, developmentally reparative and nurturing programme for schools • SINGLE SESSION THINKING – A brief therapeutic intervention which can be run by school staff or professionals • EBSA – Identifying factors and developing a better understanding of Emotionally Based School Avoidance. A programme to support young people who are struggling to attend school <p><i>These 3 hour trainings share and upskill your staff to work directly with the children and young people:</i></p>	
<p><i>Supervision and Consultation</i></p>	<p>NESSie support professionals with 1-1 and group supervision and consultation. Working with children can be rewarding and it is also challenging. NESSie supports Head Teachers, DSPs and frontline staff with confidential support and supervision.</p> <p>NESSie also provides Senior Leaders an opportunity to audit their current in-school provisions and implement effective change.</p> <p>For more information email:vofstedahl@nessieined.com</p>	