

**From:** Info - Peerpartnership <[Info@peerpartnership.org](mailto:Info@peerpartnership.org)>

**Sent:** Thursday, March 14, 2024 2:12 PM

**Subject:** The Peer Partnership Training Opportunities

We have 4 online workshops available from April for VCSE, local authority and health sector workers. Please find all the details below, and please let us know if you are interested in group bookings or organising a session exclusively for your organisation.

If you are responsible for a newsletter circulation, we would very much appreciate your assistance in helping us publicise these training courses within your network or to specific interested contacts.

We can provide these workshops in-person or online to individual organisations or provide them on behalf of organisations that already provide training in the VCSE sector. If you are interested in discussing how we can provide these workshops for you or your organisation, please get in touch. For more information about The Peer Partnership please visit our website [here](#).

1. **Boundaries in the Workplace** – Tuesday, 16<sup>th</sup> April 2024 – 13:00-17:00

Professional and personal boundaries are key to keeping service users, staff, and organisations, safe, effective, and professional. They help us to utilise our skills in the most appropriate way within our professional roles, and to ensure consistency of service and management of the expectations of service users. But what are boundaries, and what can make it difficult to maintain them? This workshop explores the various aspects of boundaries in the workplace, using open discussion of our own boundaries, case studies of situations that can arise, and how we can manage the maintenance of boundaries through internal and external policies and personal accountability.

For more information on this workshop, please visit our Eventbrite page here: [Boundaries in the Workplace Workshop](#)

2. **Recognising and Responding to Challenging Behaviour** – Wednesday, 17<sup>th</sup> April 2024 – 13:00-17:00

Working with people with complex lives can be difficult, especially when service users might display strong defensive, aggressive, or disengaging behaviours that can interrupt constructive and meaningful engagement. In order to work effectively with clients who may exhibit challenging behaviour, this workshop explores the causes, biomechanics, strategies, and timings to manage and de-escalate potentially difficult circumstances. This workshop explores challenging behaviour, how to recognise it, and techniques to work out when and how to intervene to try and de-escalate these situations.

For more information on this workshop, please visit our Eventbrite page here: [Recognising and Responding to Challenging Behaviour Workshop](#)

3. **Group Dynamics and Facilitation** – Thursday, 18<sup>th</sup> April 2024 – 09:30-13:30

Group support can be a valuable and effective intervention for people living with complex or difficult circumstances. The ability to share your knowledge and experiences with others while also learning from the knowledge and experience of others can lead to new ways of thinking and approaching situations, as well as supporting a reduction in feelings of isolation. Groups can be organic and unpredictable, with each instance bringing new personalities and new complications. By learning

how groups form, engage, and resist, and by understanding how to create an environment that emphasises the needs of the group as well as those of the individuals within it, support groups can maintain focus, cohesion, and effectiveness. This workshop is designed to support staff and organisations in voluntary, community, and social enterprises (VCSEs) to understand group dynamics within a support setting and to manage and coordinate groups, or supervise volunteers to do so.

For more information on this workshop, please visit our Eventbrite page here: [Group Dynamics and Facilitation Workshop](#)

#### 4. **How to Design Peer Support** – Tuesday, 7<sup>th</sup> May 2024 – 13:00-17:00

Peer support can be a hugely effective intervention for people going through complicated life circumstances. Being able to receive empathetic support from people who have been through similar situations can reduce feelings of isolation and not being understood. It can also help people improve their knowledge, confidence, and ability to take control of their situation by learning from the experiences of others who have overcome, or who may still be struggling with, the obstacles and barriers they are facing. This workshop is designed to support health organisations and voluntary, community, and social enterprises (VCSEs) to consider, plan, and troubleshoot the introduction of peer support programmes into their services.

For more information on this workshop, please visit our Eventbrite page here: [How to Design Peer Support Workshop](#)

Participation in these workshops can be booked for £50 per attendance through [Eventbrite](#). If you have any questions, please feel free to email us at [info@peerpartnership.org](mailto:info@peerpartnership.org) or call us on 0117 955 5038.

Kind regards,

Louise Young



Executive Assistant

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