

PROGRAMME

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**24 April 2019**

**09:00 - 16:00**

**Title: Doing what matters: making a difference for our children in care**

**Venue: Nottingham Conference Centre (Nottingham Trent University) Burton Street, Nottingham NG14BU**

**08:30 - 09:00** Registration

**09:00 - 09:15** Welcome by Nottingham

Trent University

**09:15 -10:00 Introduction:** Sir John Timpson-

'Light Bulb Moments'

**10:00 - 10:45** Key Note 1: Lisa Cherry - 'The Power of

Relationships'

**10:45 - 11:00** Refreshments

**11:00 - 12:00** Workshops

**12:00 - 13:00** Lunch

**13:00 - 14:00** Workshops

**14:00 -14:15** Refreshments

**14:15 -15:15** Key Note 2: Luke Rodgers - 'Living a Careless Life'

**15:15 - 16:00** Plenary

## **Workshops – delivered by Nottinghamshire CC Education Psychologists**

### **Emotion coaching and the role of the regulating adult**

A workshop exploring how we, the adults, can use emotion coaching to support our children and young people when they are feeling emotionally overwhelmed and showing you this through behaviours that are difficult to manage. This workshop will explore how we all manage and 'act out' the emotions that we feel. The workshop will consider how we can help our young people to feel calmer after experiencing strong emotions, through their relationship with you and using emotion coaching as a framework to support this.

### **Being the adult that makes the difference: Supporting adult resilience**

We know that safe relationships with trusted adults makes the positive difference in young people's lives. But to be this adult is not always easy. This workshop will explore with you how you can support your own resilience and emotional wellbeing to enable you to become that adult who is able to make the difference.

### **Won't do or can't, understanding how to support our young people by understanding executive functioning**

This workshop will explore what executive functioning is. We all have executive functioning skills and they enable us to plan and carry out our day to day tasks. By understanding executive functioning the workshop will demonstrate that there are some things we can do to support our young people towards a greater sense of achievement.

### **What's our story? Using narrative to support our young people to tell it their way**

Young people in care often have their stories told for them. This workshop will introduce you to Narrative psychology and the importance of hearing the story from our young people's perspectives and creating preferred future stories. This workshop will explore a tool to support you to properly 'hear' what is important to your young person.

### **Repairing and restoring our relationships: thinking restoratively**

Restorative practice is about developing a sense of community and repairing harm and relationships when they rupture. When done sensitively and within the supportive and trusted relationships, restorative practice can support adults and young people to think about what has happened and support one another to put things right again.

