

R&R 2024 OFFER.

TRAINING | CONSULTANCY | TILT | PODCAST

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FACE2FACE OR ONLINE TRAINING?

Your decision. Our dedicated trainers deliver services based on your need. Our classroom training can be delivered at any venue suitable to your requirements and our delivery times can be adapted to suit your staff working hours. Our Zoom training can be even more flexible and can be delivered through modules. Whatever you need, we can deliver it.

Why choose classroom training?

Step into the future of education with our forward-thinking classroom-based training! At Risk & Resilience, we redefine traditional learning by embracing innovative methodologies and cutting-edge technology to create an immersive and dynamic educational experience.

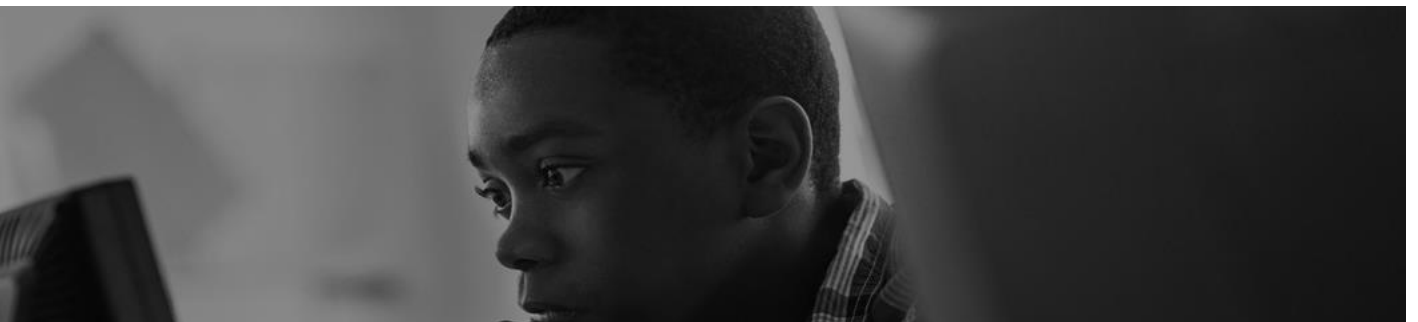
Interactive Learning Spaces: Our forward-thinking classrooms are designed to inspire collaboration and engagement. Interactive learning spaces equipped with state-of-the-art technology encourage participation and forward a sense of curiosity among learners.

Adaptive Curriculum: Experience a curriculum that evolves with the ever-changing landscape. Our forward-thinking approach ensures that the content is not just current but anticipates future trends, preparing learners with the skills and knowledge needed for tomorrow's challenges.

Critical Thinking and Problem-Solving: Move beyond rote memorisation. Our forward-thinking classroom training emphasises critical thinking and problem-solving skills. Learners are encouraged to analyse, question, and apply their knowledge to real-world scenarios, preparing them for a rapidly changing world.

Collaborative Learning Culture: Embrace the power of collaboration. Our classrooms further a culture of teamwork and idea exchange. Collaborative projects, group discussions, and interactive activities create a dynamic learning community that prepares individuals for the collaborative nature of the modern workforce.

Continuous Feedback and Improvement: In our forward-thinking classrooms, the learning process is a continuous loop of feedback and improvement. Regular assessments, constructive feedback, and iterative learning ensure that participants are not only absorbing information but also actively refining their skills throughout the training journey.



Why choose Zoom training?

Welcome to the future of dynamic and accessible learning with our innovative training sessions delivered via Zoom. In today's fast-paced world, we understand the need for flexibility and engagement, and that is exactly what our Zoom-based training offers.

Seamless Connectivity: Connect with ease from anywhere in the world. Our Zoom training sessions break down geographical barriers, providing a seamless virtual space where participants can join with just a click, encouraging a sense of inclusivity and accessibility. This is especially useful if your team is based at various sites.

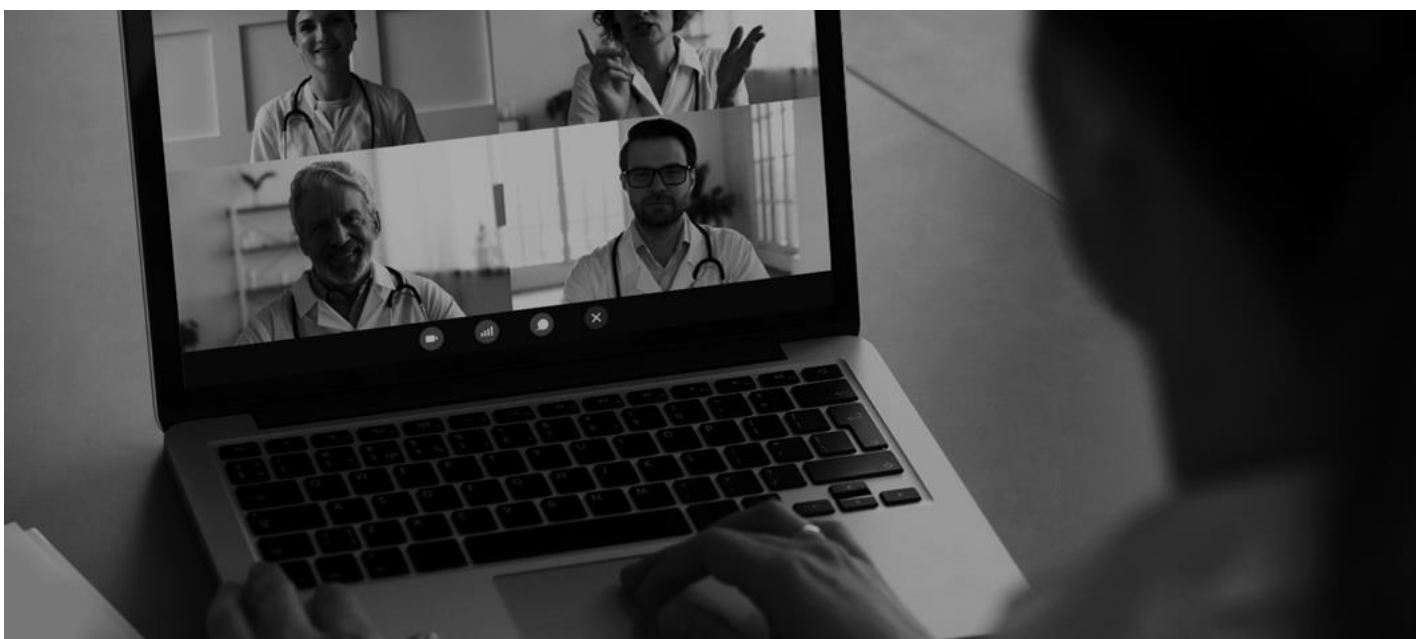
Interactive Learning: Engage in a rich learning experience through interactive features like polls, breakout rooms, and chat discussions. Zoom empowers participants to actively participate, ask questions, and collaborate, creating a vibrant and engaging training environment. We also have a range of other add-ons used alongside the standard Zoom offer.

Real-Time Collaboration: Experience the power of real-time collaboration. Zoom allows trainers and participants to share screens, documents, and ideas instantly. This nurtures a collaborative atmosphere, ensuring that information is conveyed effectively and comprehensively.

Flexible Scheduling: We understand that schedules can be hectic. Zoom training offers the flexibility to participate from the comfort of your home or office. Join training sessions at your convenience without compromising on the quality of the learning experience.

Personalised Support: Our Zoom training sessions prioritise personalised support. Trainers can provide individual attention through private messages, one-on-one discussions, and personalised feedback, ensuring that participants receive the guidance they need.

Whether you are a professional seeking skill development or an organisation investing in employee training, our Zoom-based training opens a world of possibilities. Join us for an interactive, engaging, and convenient learning experience that transcends boundaries. Welcome to the future of training with Zoom!



TRAUMA INFORMED TRAINING.

Risk & Resilience specialise in trauma informed training. We offer a range of trauma informed training to suit your needs.

Trauma Informed Practice: Gain a foundational understanding of trauma-informed principles and practices. This course explores the impact of trauma on individuals and communities, providing essential knowledge to create supportive environments. Participants will learn to recognise and respond to trauma in a sensitive and empathetic manner. Key areas:

- **What is trauma?**
- **What is complex trauma?**
- **What is the impact on the brain?**
- **How does this affect behaviours?**
- **What does it mean to be trauma informed?**
- **What is vicarious trauma and how do we respond?**

Trauma Informed Practice for Managers: Tailored for managerial roles, this course delves into the managerial aspects of trauma-informed practices. Managers will learn strategies to create trauma-sensitive workplaces, support their team members effectively, and implement organisational policies that prioritise the wellbeing of both staff and clients.

Trauma Informed Practice for Support Staff – Admin, HR, business support, receptionists, and any other related team. (1/2-day course): Designed for support staff, this concise yet comprehensive half-day course introduces trauma-informed practices. Participants will acquire practical skills for recognising signs of trauma, responding appropriately, and adopting a culture of understanding and support within their roles.

Trauma Informed Practice: Intermediate Course (Trauma Skilled): Building on the foundational knowledge from the basic course, the Intermediate Course takes participants deeper into trauma-skilled practices. This course is recommended for those who have completed the Trauma Informed Practice course and focuses on refining skills in trauma recognition, response, and creating trauma-informed interventions.

Trauma Informed Practice: Advanced Course (Trauma Enhanced): Elevate your trauma-informed expertise with the Advanced Course. Geared towards those who have completed the Intermediate Course, this advanced training explores sophisticated approaches to trauma-informed practice. Participants will gain insights into trauma-enhanced practices, advanced interventions, and strategies for sustaining a trauma-informed organisational culture.

Each course is crafted to meet the specific needs of its target audience, providing a progressive and comprehensive learning journey in trauma-informed practices.

FRONTLINE COURSES.

Risk & Resilience also deliver a range of training to support organisations successfully deliver services to people. Each course below can be modified to suit your needs.

Support Work Interventions - Assessment, Safety Planning, Support Planning, and Engagement Tools: Equip yourself with essential support work skills. This course covers comprehensive assessments, safety planning, and support planning techniques. Dive into engagement tools, including motivational interviewing and strengths-based approaches, to enhance relationships and empower individuals on their journey to well-being.

Substance Use an Introduction to Drug and Alcohol Addiction & How to Respond: Gain a foundational understanding of substance use and addiction. This course explores the nuances of drug and alcohol addiction, providing participants with the knowledge and tools to respond effectively. Learn about harm reduction, support strategies, and community resources.

Emerging Drug Trends/New Psychoactive Substances: Stay ahead of evolving drug trends. This course delves into emerging substances such as 'spice,' fentanyl, nitazenes, nitrous oxide, ketamine, psychedelics, illicit benzodiazepines, and more. Understand the risks, effects, and appropriate responses to address the challenges posed by new psychoactive substances.

Psychologically Informed Environments: Explore the concept of psychologically informed environments. This course guides participants in creating environments that promote psychological wellbeing. Learn how to promote supportive and understanding spaces through a nuanced understanding of psychological factors that influence behaviour.

Wellbeing and Self-Compassion - How to Gain It and How to Sustain It: Prioritise your wellbeing with this course. Participants will explore strategies for enhancing personal and professional wellbeing, including self-compassion practices. Learn to navigate stress, build resilience, and sustain a healthy work-life balance.

Neurodiversity - Working with People on the Autistic Spectrum and Other Neurodiverse Areas: Develop skills for working with neurodiverse individuals. This course provides insights into the autistic spectrum and other neurodiverse areas such as dyslexia, dyspraxia, ADHD, and more. Learn about effective communication, support strategies, and creating inclusive environments.

Hidden Harm - Parental Drug and/or Alcohol Use: Explore the impact of parental drug and/or alcohol use on young people. This course delves into hidden harm, offering insights into the challenges faced by young individuals. Discover effective responses and support strategies to mitigate the impact of parental substance use on young people.

Managing Challenging and Unpredictable Behaviour (Including Lone Working): Navigate challenging and unpredictable situations with confidence. This course provides tools and strategies for managing difficult behaviours, especially in lone working scenarios. Participants will learn de-escalation techniques, risk assessment/safety planning, and personal safety measures.

Reflective Practice (Including Clinical Supervision and Group Formulations): Cultivate reflective practice for continuous professional development. This course explores the importance of self-reflection, team reflective practice, clinical supervision, and group formulations. Enhance your skills in critical analysis, decision-making, and creating a culture of ongoing learning.

Mental Health Awareness & Mental Health First Aid: Promote mental health awareness and build practical skills for providing mental health first aid. This course covers the fundamentals of mental health, recognising signs of distress, and offering initial support. Learn how to respond effectively to mental health challenges in diverse contexts.

Each course is tailored to provide in-depth knowledge and practical skills in its respective area, empowering participants to make a positive impact in their roles.



MANAGEMENT COURSES.

Risk & Resilience can support management and strategic development. Our management courses focus on trauma informed leadership and person-centred approaches.

Quality Improvement Cycles & Systems Thinking: Delve into effective quality improvement strategies and systems thinking. This course empowers managers to implement continuous improvement cycles, advancing a culture of excellence and adaptability within their organisations.

Staff Supervision Skills: Enhance your managerial toolkit with this course on staff supervision skills. Managers will gain insights into effective supervision techniques, promoting professional growth, and creating a supportive environment for their team members.

Embedding Reflective Practice: Explore the integration of reflective practices within your managerial approach. This course guides managers in embedding reflective practices, encouraging critical thinking, decision-making, and promoting a culture of continuous learning within the team.

Change Management – Budgeting, Staffing, and Restructuring: Equip yourself with the skills to navigate organisational change. This course covers change management principles, including budgeting, staffing considerations, and restructuring strategies. Managers will learn to lead teams through transitions effectively.

The Digital World – Adapting Your Response/Offer: Stay ahead in the digital landscape. This course focuses on adapting organisational responses and offerings to the digital world. Managers will explore digital tools, strategies for online engagement, AI tools, and leveraging technology for improved service delivery.

Staff Wellbeing – Implementing, Improving, and Sustaining: Prioritise the happiness of your team with this course on staff wellbeing. Managers will learn to implement, improve, and sustain wellbeing initiatives, creating a positive and supportive work environment.

Management & Leadership Development – Elevate your managerial and leadership skills: This course focuses on personal and professional development for managers, covering leadership strategies, effective communication, and nurturing a culture of growth within the organisation.

Managing Neurodiverse Staff: Cultivate an inclusive workplace with this course on managing neurodiverse staff. Managers will gain insights into effective communication, support strategies, and creating an environment that embraces neurodiversity.

Brand Development – Exploring How a Brand Can Be Built and Maintained: Uncover the power of brand development. This course explores the principles of building and maintaining a brand through a strong visual identity and a focus on values. Managers will learn strategies for effective brand communication and promotion.

TRAUMA INFORMED LEARNING TOOL.

Welcome to the **Trauma Informed Learning Tool**, where education meets empathy, and growth is prioritised over grades. Our revolutionary Learning Management System (LMS) redefines the learning experience, placing a strong emphasis on reflection.

Embark on a transformative learning journey with the **Trauma Informed Learning Tool**. Prioritise reflection, celebrate growth, and embrace a new era of education that goes beyond the conventional pass/fail paradigm. Welcome to a space where learning is personal, meaningful, and geared towards empowering individuals on their unique paths of discovery.

We offer a range of one-off courses as well as a range of drip-fed courses. Drip-fed courses are a groundbreaking approach to online learning that transforms the way knowledge is delivered. Immerse yourself in an educational experience designed for optimal retention and application, where content is released gradually over time, ensuring a steady flow of learning and mastery. Discover the power of curated content delivered in bite-sized increments.

Our Drip-Fed **TILT** courses are meticulously structured to provide you with manageable portions of information, allowing you to delve into each module at your own pace. This deliberate pacing encourages a deeper understanding and retention of the material.

One-off courses:

- Introduction course **(FREE)**.
- Trauma informed: Criminal Justice.
- Reflective practice and clinical supervision.
- Trauma informed substance use awareness.
- Trauma informed neurodiversity
- Trauma informed mental health awareness.

Drip-fed courses:

- Intro course: Trauma Aware (8 modules).
- Intermediate: Trauma Skilled (4 modules).
- Advanced: Trauma Enhanced (4 modules).
- Managers course (3 modules).

Bespoke offer

If you find our content intriguing but can't quite spot the exact information your service needs in a single course, our bespoke service could be just what you're looking for. To explore this further or kickstart the process of creating a customised solution for your business, please get in touch with us. We're here to help!

Our bespoke lead Andrew can help you with your needs. Just email him at: andrew.james@risk-and-resilience.co.uk

The logo for TILT, consisting of the letters T, I, L, and T in a bold, grey, sans-serif font. The letters are slightly offset from each other, creating a 3D effect. The background is dark with abstract, light-colored shapes.

The **Trauma Informed Learning Tool**

For more information and to try out our **FREE course, please visit:**

www.yourtilt.co.uk

CONSULTANCY SERVICES.

Our consultancy services are designed to elevate your organisation by leveraging our expertise in strategic thinking, innovation, and tailored solutions.

Strategic Insight: At Risk & Resilience, we go beyond the conventional. Our team of seasoned consultants provides strategic insights that empower you to navigate the complexities of health and social care. We partner with you to identify opportunities, mitigate challenges, and formulate forward-thinking strategies that drive tangible results.

Innovative Solutions: In a rapidly evolving business landscape, innovation is key. Risk & Resilience, your partner in embracing and implementing cutting-edge solutions. Our consultants bring a fresh perspective, introducing innovative ideas that propel your organisation towards sustained growth and success.

Tailored Approach: Recognising the uniqueness of each client, Risk & Resilience takes a personalised and tailored approach to consultancy. We understand that one size does not fit all, and our services are crafted to meet your specific needs. Whether you're aiming for operational efficiency, market expansion, or organisational transformation, our consultants are dedicated to understanding and addressing your unique challenges.

Proven Expertise: Backed by a team of experts with diverse industry experience, Risk & Resilience boasts a track record of delivering impactful results. Our consultants bring a wealth of knowledge and practical insights, ensuring that your organisation benefits from tried-and-tested strategies and best practices.

Choose Risk & Resilience as your trusted consultancy partner. Experience a collaborative approach that aligns with your goals, enhances your capabilities, and sets you on a trajectory towards sustained success. Elevate your organisation with our consultancy services – **where your vision meets our expertise.**



Example of consultancy services offered:

Implementing trauma informed approaches:

- Assist organisations in developing and refining their trauma informed approach.
- Provide guidance and development of tailor-made trauma informed plans.

Strategic Planning:

- Assist organisations in developing and refining their strategic plans to align with their mission and vision.
- Provide guidance on setting organisational goals, priorities, and measurable objectives.

Service Evaluation:

- Conduct evaluations of existing services to assess their effectiveness, efficiency, and impact.
- Offer recommendations for service improvement or expansion based on evaluation findings.

Quality Improvement:

- Implement quality improvement initiatives to enhance the delivery of healthcare, social care, or other support services/third-sector organisations.
- Develop and implement strategies for continuous quality improvement and adherence to industry standards.

Compliance and Regulatory Guidance:

- Provide guidance on regulatory compliance and accreditation standards for organisations.
- Assist in developing and implementing policies and procedures to ensure compliance with regulations/requirements.

Training and Capacity Building:

- Develop and deliver training programmes for services.
- Build organisational capacity by enhancing the skills and knowledge of staff through targeted training initiatives.

Community Engagement:

- Develop strategies for effective community engagement and collaboration with stakeholders.
- Facilitate partnerships between healthcare organisations, social care agencies, and local communities.

Technology Integration:

- Advise on the implementation of technology solutions to enhance service provision.

- Support organisations in adopting new technologies, AI services, and other innovative approaches.

Leadership and Team Development:

- Provide leadership coaching and development programs for senior management and operational managers.
- Enhance team dynamics and collaboration to improve overall organisational performance.

Crisis Intervention and Response Planning:

- Develop crisis intervention plans for services to respond effectively to emergencies or critical incidents.
- Provide training on crisis management and communication strategies.

Strategic Communication and Public Relations:

- Develop communication strategies to enhance the public image of services.
- Assist in crisis communication and reputation management.

These are just a few examples, and the specific services offered by our consultants can be tailored to the unique needs and challenges of your service. Please email us for your **FREE** consultation meeting: enquiries@risk-and-resilience.co.uk



FRONTLINE PODCAST SEASON 2: A WEEK IN THE LIFE.

Frontline Season 2 is the podcast that takes you behind the scenes of everyday people. Join us as we dive into the lives of frontline workers who make a difference in their communities. In this unique series, our dedicated guests document their daily experiences from Monday to Friday, offering an intimate glimpse into the challenges and triumphs they face on the front lines.

Tune in as our podcast team conducts insightful interviews with passionate people, delving into their reflections on the week gone by. From healthcare and social-care staff to various support roles, "Frontline" brings you the raw and unfiltered stories of those who dedicate themselves to the wellbeing of others.

Get ready for a riveting journey through the highs and lows of a week in the life of our extraordinary guests. Subscribe to "Frontline" now and join us in celebrating the resilience and commitment of those who stand at the forefront of service and care.

You can find the **FREE** podcast:

- At our website: www.risk-and-resilience.co.uk/frontline-podcast
- On Spotify: <https://open.spotify.com/show/5bpgJULDh9aL4yMm2SH5UC>
- On Apple: <https://podcasts.apple.com/gb/podcast/frontline-podcast/id1465222087>

If you are interested in becoming a guest, please email: enquiries@risk-and-resilience.co.uk



TRAINING/CONSULTANCY COSTS AND BOOKING.

Each full-day training course is priced at:

- **F2F: £745** plus trainer expenses (travel and sustenance) – max 16 delegates
- **Zoom/Online: £745** (no expenses) – max 20 delegates

Each half-day training course is priced at:

- **F2F: £385** plus trainer expenses (travel and sustenance) – max 16 delegates
- **Zoom/Online: £385** (no expenses) – max 20 delegates

TILT (Trauma Informed Learning Tool) costs:

One-off courses

- **Introduction course (FREE)**
- **Trauma informed: Criminal Justice. £29**
- **Reflective practice and clinical supervision. £29**
- **Trauma informed substance use awareness. £29**
- **Trauma informed neurodiversity. £29**
- **Trauma informed mental health awareness. £29**

Drip-fed courses

- **Intro course: Trauma Aware (8 modules). £199**
- **Intermediate: Trauma Skilled (4 modules). £99**
- **Advanced: Trauma Enhanced (4 modules). £99**
- **Managers course (3 modules). £75**

Consultancy:

- **Day rate: £745** plus consultant expenses if required (travel and sustenance)
- **Half-day rate: £385** plus consultant expenses if required (travel and sustenance)

For further information on bookings and our full terms and conditions, please email: enquiries@risk-and-resilience.co.uk

Risk & Resilience specialises in implementing trauma informed practices into organisations through a range of consultancy and learning support. We aim to create change, motivate people, assist teams, and maintain a trauma informed transformation for organisations to effectively support the people they work with. As an organisation we always adhere to our core values:



Impact

At Risk & Resilience, we guarantee a service that makes a difference. Our commitment is to provide you with a quality service that is not only measurable but also maximises your resources.

Experience the tangible impact of our dedicated team, ensuring your satisfaction and success.



Individuality

Recognising your uniqueness is at the heart of what we do. Risk & Resilience ensures that all services provided to you acknowledge and respect your individuality. Our support is tailored to your specific needs, reflecting our dedication to your personal and professional development.



Improvement

We believe in constant growth and enhancement. Our commitment to your service is rooted in continuous quality improvement. We strive to evolve, adapt, and stay ahead, ensuring that our impact on your success is always on an upward trajectory.



Inclusivity

Equality and respect form the bedrock of our services. At Risk & Resilience, inclusivity is not just a value but a commitment. We ensure that everyone, without exception, is treated fairly and equally. Experience a supportive and respectful environment where diversity is celebrated.

Risk & Resilience (Members of Steps to Resilience LTD)

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RISK AND RESILIENCE