



# Seasons for Growth Companion Training

## Outline

Seasons for Growth is a group intervention for young people 5-18 years old who have experienced a loss or bereavement. It runs over 8 sessions with a 9<sup>th</sup> celebration session concluding the experience.

The course will prepare Companions to deliver the programme.

Seasons for Growth is a group intervention and not an individual intervention. **PLEASE NOTE THAT THIS IS A 2.5 DAY COURSE WHICH MUST BE COMPLETED IN FULL:** 13<sup>th</sup> and 20<sup>th</sup> October 2021 (full days), and 24<sup>th</sup> November 2021 (half day Re-connector Session 9 am – 12 pm).

## Description

The course trains Companions to deliver Seasons for Growth, an accredited loss and grief group support intervention for young people aged between 6-18 years.

The course is based on a belief that change, loss and grief are part of life. It explores a range of issues associated with change and loss. What they may experience, ways they can respond and adapt to promote resilience and self-esteem through enhance coping resources and life skills in communication, decision making and problem solving.

The training offers learning from different perspectives or standpoints.

Reflecting at different points:

- What does this mean/look like in terms of my own life experience?
- What does this mean for my role as a Companion?
- What might this mean/look like for the children and young people I'm working with?

Delegates should discuss the potential to run the course with their line manager prior to coming on the course. Self-reflection of personal experiences of loss is part of the nature of this course and delegates should consider this before booking.

## Outcome

- \* Awareness on how the Seasons for Growth programme supports the promotion of social and emotional wellbeing for young people who have experienced significant loss due to death, family breakdown or other factors that may occur.
- \* To be able to support a group of children and young people using the Seasons for Growth programme manual and journals.
- \* To incorporate a variety of activities, strategies and techniques from an educational and cognitive behavioural framework in order to encourage the children and young people to value who they are.

**Please note that a free training manual will be provided but journals will need to be purchased for children & young people when running the programme.**

## Dates & Times:

**Day 1:** 13<sup>th</sup> October 2021

**Day 2:** 20<sup>th</sup> October 2021

Times: 9 am – 2:30 pm

**Day 3:** 24<sup>th</sup> November 2021

Times: 9 am – 12 pm

**Venue:** Microsoft Teams

## Trainer(s):

**Rossan Herah-Robinson**

**Ian Goodison**

**Cost:** £225

**Course code:**

**Sign up deadline:**

8<sup>th</sup> October 2021

To book onto this or any other training go to: [www.leedsforlearning.co.uk](http://www.leedsforlearning.co.uk)

