

# Education Learning Journey Example A

**Day 1 - full day  
(virtual or face to face)**



**E-learning**



**Day 2 - full day  
(virtual or face to face)**



**E-learning**



**Day 3 - full day  
(virtual or face to face)**

## **Attachment, Trauma and Resilience in Practice**

**Content:** During the day, the neuroscience of attachment and trauma will be shared and applied to practice within school settings, and the importance of connected relationships for human wellbeing and thus resilient communities described.

**Participants:** Designated Teachers and other Schools-based staff who have signed up through the Virtual School

**Purpose:** An overview of the knowledge base of attachment-aware and trauma-informed practice, and opportunities provided for reflection and discussion

## **Community Resilience & Toxic Stress: Working With Trauma Across The Lifespan**

**Purpose:** to support and build upon the learning content delivered in the first day, and encourage reflective practice through journal entries and conversations.

**Participants:** all participants – time spent and completion is dictated by participant.

## **Emotion Coaching & Developing Action Plans**

**Content:** During the first part of the day, Emotion Coaching will be described as a way to nurture children's and young people's emotions through co-regulation and guidance. In the second part of the day, the focus will be on applying theory to practice by developing action plans which support working with a cohort of vulnerable children or young people.

**Participants:** Designated Teachers and other Schools-based staff who have signed up through the Virtual School

**Purpose:** An opportunity to apply the attachment-aware and trauma-informed knowledge base, and Emotion Coaching, to individual students with opportunity for group discussion

## **Emotion Coaching**

**Purpose:** to support and build upon the learning content delivered in the first part of day 2, and encourage reflective practice through journal entries and conversations.

**Participants:** all participants – time spent and completion is dictated by participant

## **Transitions And Vulnerability: Developing Resilience In The Network**

**Content:** During the day, the ecology of human development will be described, and resilience within each level of social networks explored. Needs and interventions will be discussed, and the knowledge base applied to practice, including reference to PEP targets.

**Participants:** Designated Teachers and other Schools-based staff who have signed up through the Virtual School

**Purpose:** An opportunity to consider all the individuals involved in the resilience network of an individual, and how the knowledge can have impact at all levels