

Suitable for class teachers, therapists, learning mentors and staff providing social and emotional support.

‘Volcanoes, Earth Tremors and Icebergs’

Understanding and working creatively with anger

Anger is part of our human nature. It can be destructive, or it can be motivating. It is about self-protection. The better we understand it the better we can understand ourselves and each other. This workshop will increase your understanding of the complex nature of anger and therefore will increase your understanding of the behaviours you encounter in others. We will explore creative ways to work with anger to enable children and young people to be able to express themselves more productively and to begin to manage their emotions more successfully. The activities will be experiential so come prepared to participate.

Bridget Sheehan is the Director of eQe, the creator of the Th.Inc.Room approach and of the Transformative Play model. She is an experienced teacher, therapist, behaviour consultant and trainer and has worked in schools for over 20 years.

Previous trainees said:

“Best course ever attended!”

“Brilliant. Great range of activities.”

“It was an excellent day – not a minute wasted.”

Wednesday November 4th 2020

9.30-3.30

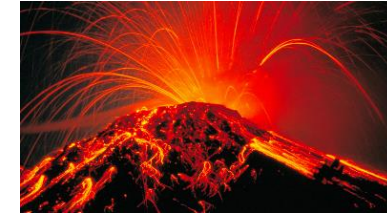
The Loft, Hazel Grove Baptist Church, Station Street,
Hazel Grove SK7 4EX.

Cost:£90+VAT(includes lunches)

Email:bridget.sheehan@eQe-ltd.com

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