

Train the Trainer

a sustainable solution for workforce development



WHAT IS IT?

OnePlusOne's *Train the Trainer* programme offers a sustainable solution for your workforce development needs to help support families and relationships.

Our experienced trainers will equip attendees with knowledge of the relationship science which has underpinned our approach to support over the past 50 years, together with the skills and confidence to train others to use our evidence-based resources. You will learn how to have conversations with parents about relationships to open up channels of communication and help identify where support may be needed.

After completing the training with us, you will be able to train a limitless number of your workforce to feel empowered to talk to parents about their relationships, offer support, and deliver positive outcomes for families.

WHO IS THE TRAINING FOR?

Train the Trainer is aimed at people who already have some experience of working with families and feel ready to take on the role of training others. They might have experience in one or more of the following:

- Early help
- Children's social care
- Reducing parental conflict
- Mental health services
- Voluntary and community sector organisations which work directly with people experiencing personal, relationship, or family difficulties
- Facilitating learning, such as leading parenting or supervision groups.

Previous experience of training is not necessary, but the training is enhanced when the trainer is able to reflect on their own work-related experiences. Please speak to us if you'd like to check the suitability of this training for you before you book your place. We will do our best to ensure each session offers the support you need.

WHAT CAN I EXPECT TO LEARN?

The training is split into **TWO** sessions.

This **first session** is designed to enhance your own knowledge, skills, confidence, and understanding to work with parents. By the end of session one you will be able to:

- Raise parents' awareness of the issue of parental conflict.
- Use OnePlusOne's digital resources to help parents recognise conflict.
- Enable parents to cope with stress and develop positive communication skills.

In the **second session**, you will learn how to deliver training sessions to share these skills with others. There will be some time for independent study and a Q&A session to ensure you leave fully equipped to deliver the training.

You will also be given materials to help facilitate your own training sessions. This includes a PowerPoint presentation with a step-by-step guide on how to facilitate training, an overview of the digital resources, a quiz to help you evaluate your sessions, and an engagement guide which offers practical advice and tips for working with parents experiencing relationship conflict.



HOW IS THE TRAINING DELIVERED?

Training is delivered over Microsoft Teams in two four-hour sessions. These are usually held across consecutive mornings, with a maximum of eight attendees in each session.



Three months after your training, we offer a one-hour 'check-in' session with our trainers to see how you are getting on and answer any questions you may have.

WHAT DO I NEED TO KNOW BEFORE THE TRAINING STARTS?

As part of the Train the Trainer package, all attendees will receive access to the digital resources that can be used with parents, a facilitator guide to support their own future training sessions, and the engagement guide to help practitioners use the resources with families. We recommend that all attendees look at this material before their first session so that they are familiar with the contents.

We value everyone's contribution and participation in our training sessions and want to ensure a high-quality training experience which equips you with everything you need to train others. We ask that participants turn on cameras and microphones during the sessions. If you would prefer not to do this, please let us know.

*'Absolutely **fantastic**. Having been a children & families practitioner and trained counsellor for over 20 years, I often find myself coming away from training thinking, "Well that was ok and it's good to confirm that I already knew all that," whereas this was a **genuinely new experience**, using online materials to support parents to recognise and address how their communication is impacting their children. The **trainer was very skilled** at managing the group and leading discussions. The **content is fantastic** and so well put together, **I'm excited to use it**. Really impressed with the content and delivery, thank you so much.'*

**Local authority practitioner
in the southeast of England**

For further information, please contact a member of the OnePlusOne team at info@oneplusone.org.uk

