Joined Up Care Derbyshire

NHS
Derby and Derbyshire
Clinical Commissioning Group

Finding Your Brave, Moving Forward

For Derbyshire and Derby City Foster Carers, Parents and Professionals working with Teenagers

Thursday 10 June 2021 – 13:00-14:00

Fully funded by NHS Derby and Derbyshire CCG and delivered by Suzie Lavington (Art of Brilliance)



Suzie Lavington

It's no exaggeration to say that this past year will have left more than a few marks on us.

And, for the teenagers in your care, the world has probably seemed like a scary place.

This online session is packed full of simple, do-able, stick-at-able techniques to help build high self-esteem, deep-down confidence and enduring bouncebackability.

And the best bit? They're all sharable… so you can help your young people bounce forward into the 'new norm' brimming with bravery too!

Intended Outcomes:

- To notice and 'call out' your inner critic: the sneaky little perpetrator of all your stress and worry
- To shush that inner critic, so you can move forward in spite of it
- To boost your confidence in stressful and nerve-wracking situations
- To supercharge your mojo
- To show up as your best self.

Course fee £0.00

Places are limited. To book, go to our June 2021 events. This course is hosted online via **MS Teams**. To join the session, click on **'View the event'** in your booking confirmation email.

Visit Derby and Derbyshire Emotional Health and Wellbeing.uk for resources and other courses.

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Cancellations and Non-attendance

If you are unable to attend for any reason, please cancel or amend your place via Eventbrite using the email address you registered with. You can also access your booking via your original confirmation email. Alternatively, please email us as soon as possible at training.events@derbyshire.gov.uk as non-attendance deprives other delegates of a place.

Although these are advertised as fully funded events, all courses incur costs to cover the tutor, resources and administration. As this is public money being invested in training across Derby City and Derbyshire, we have a duty to use it responsibly.

Data Protection Statement:

Data relevant to your personal details will be stored in a secure information system within Derbyshire County Council's Integrated Workforce Development Section. We use the information you provide to complete DfE returns and any other statutory Government returns as required by law.

The above personal information will be used in order that Derbyshire County Council can retain a record of your training activity. The information will be retained securely by the Council in line with Derbyshire County Council's retention schedule.

Your information will not be shared with any third parties without your consent, except for when we are required to do so by law.

For more information on how Derbyshire County Council uses data we hold about you, how long we keep it and your rights relating to it, e.g. to have it corrected, erased, restricted, transferred or to see your data, please go to our website at www.derbyshire.gov.uk/gdpr . If you would like to contact Derbyshire County Council's Data Protection Officer, please email GDPR@derbyshire.gov.uk . You have the right to contact the Information Commissioner's Office if you have any concerns about how Derbyshire County Council handle your data.

By submitting this form, I agree I have read the above Data Protection Declaration and agree with these terms. I certify that the information provided on this application is true and correct.