

FIDELITY FOR ONLINE MACE TRAINING SESSION ONE

WEBINAR URL

<https://us02web.zoom.us/j/81696761802?pwd=aFhVUFp2Yy9lZG1GUxZGU2F3UXRtUT09>

Passcode: ehcap

The aims of this training are:

- to understand the effects of adversity in childhood on long term physical and mental health outcomes using the Adverse Childhood Experience framework
- to build skills in insight and empathy (emotion intelligence) through Mindful Emotion Coaching to support staff wellness and communication
- to increase awareness and understanding of the neuroscience behind behaviour and social emotional development

Each session will be 3 and a half hours long (half a day). The first part of the session will be flexi learning with online resources provided. You will then join Dr Sarah Temple in a webinar for the final 2 hours of the session where you will have the opportunity to ask questions and discuss learning with your peers.

Flexi learning online resources

Video of Powerpoint – <https://vimeo.com/397997435>

Handouts - <https://www.ehcap.co.uk/news/hand-outs-for-mace-workshops>

Resources for parents – www.mindfulemotioncoaching.co.uk this site has recently been upgraded and contains links to e-learning modules as well as a children's book I am in the process of developing

Professor Jack Shonkoff 2020 lecture from Center on the Developing Child 2020 “Leveraging Advances in Science to Strengthen the Early Foundations of Both Learning and Health”
https://developingchild.harvard.edu/resources/2020-national-prenatal-to-3-research-to-policy-summit/?utm_source=newsletter&utm_medium=email&utm_campaign=september_2020

(optional:Video of Powerpoint for session 2: <https://vimeo.com/398251116>)

The timetable overleaf is approximate- thank you for bearing with us as we transition from running workshops to webinars-

Sarah

Dr Sarah Temple 07961116819

TIME PLAN FRAMEWORK

12.00-1.15pm Flexi-learning

1.15-1.30pm Join webinar as attendees. You will not see yourself on the screen until you are upgraded to panelist. While waiting to be upgraded please type any questions you may have into the Q&A section and complete the online poll. Once you are a panelist you will no longer be able to submit questions through the Q&A button. Any observers attending will remain as attendees.

There will be a 10 minute comfort break at approximately 2.30pm.

1.30 – greeting and introductions

1.45 – Sarah to present

-access to online materials

-answers to questions

2pm – mindful exercise, Name it to Tame it, Demonstration of Hand Model, Dan Siegel’s workbook, attachment

2.15 pm discussion about positive/tolerable/toxic stress

BREAK

2.40pm – discussion about river of wellbeing, emotion detective exercise

3pm- Gottman, relationship styles, emotion coaching/ dismissing, introduction to Happy Child App

3.10pm evidence base

3.15pm discussion and questions

3.30pm END