

Trainings & Workshops(2024)

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We offer customized in-house trainings and public workshops to suit the needs of our target audience via two different modes -
1. Online Platform
2. Face to Face Interaction



TEACHERS

Restorative Practices

	Area	Programme	Duration	Participants		
1	Overview (Level 1)	Introduction to RP	0.5 / 1 day	Teachers, Social Workers, Others		
2	RP, Repair Relationship (Level 2 & 3)	1) RP - Sustaining Positive Discipline Workshop	2 days	Core Team		
		2) RP Coaching	1 day			
		3) RP Conferencing Workshop	2 days			
				4) Whole School	1 day/2 half days	Teachers
				5) Facilitation Skills	0.5 day	Teachers
				6) Refresher	0.5 day	
				7) RP and Special Needs	1 day	
				8) RP and Bullying	1 or 2 days	
				9) Support/ Implementation sessions	2 hours	Teachers / Core Team
3	Management/Staff	1) RP Envisioning	0.5 day	P,VP, HOD, Year Heads		
		2) RP for Personal Well-being	2 hours	Individual/Staff		
4	Parents	Introduction to RP	1 or 2 hours	Parents		

Relational Circles

	Area	Programme	Duration	Participants
1	Build & Strengthen Relationships (Pro - Active Approach)	1) Introduction to Relational Circles	1 or 2 days	Core Team, Teachers
		2) Whole School - CCE & IP & non-IP	0.5 / 1 days	Primary & Secondary
		3) Facilitation Skills	0.5 day	
		4) Refresher	0.5 day	Teachers/ Core Team/ Key Personnel/Disclipline Masters
		5) Relational Circle for Challenging Students	0.5 day	
		6) Support sessions / Implementation sessions	2 hours	



Others - TEACHERS & School Support Staff

	Area	Programme	Duration	Participants
1	Strengths (TSR)	1) Strengths Workshop including Assessment	0.5/1 day	Teachers/School Support Staff
		2) Growth Mindset with Strengths		
		3) Mindfulness and Strength		
		4) Strength based teambuilding		
		5) Strength Approach for well-being		
2	Communication	1) Compassionate Communication	0.5 day	School Support Staff /Teachers
3	Others	1) Special Needs Training Eg., ADHD, Autism & others	4 hours	Primary & Secondary
		2) <u>Self - regulation</u> - for special needs	0.5 / 1 day	Teachers/ Core Team/ Key Personnel/Disclipline Masters/AED/Counsellors/SEN officers & School Support Staff
		- for at-risk/challenging students	3-4 hours	
		3) Mental Wellbeing for Teachers & Admin Staff	0.5 / 1 day	



STUDENTS

	Area	Programme	Duration	Participants
1	Student Leadership	1) Peer Support	2/3 hours 1/2 sessions	Student Leaders
		2) Peer Mediation & Conflict Management	2/3 hours 1/2 sessions	
		3) Peer Support with Special Needs	2/3 hours 1/2 sessions	
		4) Peer Support with Cyber Wellness	2/3 hours 1/2 sessions	
		5) Peer Support with Growth Mindset	2/3 hours 1/2 sessions	
		6) Peer Coaching/Mentoring	2/3 hours 1/2 sessions	
		7) Effective communication	2/3 hours 1/2 sessions	
		8) Compassionate Communication (Empathy, Emotions and Feelings)	2/3 hours 1/2 sessions	
		9) Strength Approach	2/3 hours	Student Leaders
		10) Circles Facilitation skills	2/3 hours	
		11) Restorative Leadership	2/3 hours 1/2 sessions	
2	At-Risk (Motivation & Resilience)	1) Self-regulation	3-5 sessions	At-Risk Students Classroom Intervention/Small group
		2) Whytry and Relational Circles - Primary & Secondary (Gear Up Programmes)	3-5 sessions	
		3) Gaming Addiction	3/4 sessions	
		4) Empowering Girls/Boys Programme	3/4 sessions	
		5) Anger Management	3 sessions	
3	Classroom Programmes	SEL SKILLS :		All Students
		1) Compassionate Communication (Empathy, Emotions and Feelings)	0.5 day	
		2) Strength Approach	0.5 day	
		3) Responsible Decision Making <i>*includes cyber space</i>	0.5 day	
		4) Cyber Ethics/Wellness	3/4 hours	
		5) Transition (For all levels)	0.5 / 1 day	
ACADEMIC SKILLS :		0.5 / 1 day		
6) Study Skills/ Exam Anxiety/Scholar Program/Motivation (NLP & CBT research & evidence based)				



PARENTS

	Area	Programme	Duration	Participants
1	Motivation & Resilience	Discover what kids need to Succeed & be Resilient! *For Primary and Secondary	1.5-2 hours	Parents/Caregivers
2	Communication	Compassionate Communication	1.5-2 hours	
3	Strengths	Working with Strengths as TEAM FAMILY!	1.5-2 hours	
4	Transition	Strategies to support your child through a Transition!	1.5-2 hours	
5	Emotional Literacy	Tuning in to your Child - Understanding & Managing Feelings and Emotions like Anger, Anxiety and etc.	1.5-2 hours	



Relational Resources

	Programme	Duration	Participants
1	Visual Based Resources Workshop - Cars 'R' Us - Self-care - Contemplation Card (Family, Male, Female, Children Series etc.) - Bears - River, Roads and Trains card - Others	0.5 / 1 day	Counsellors, Teachers, Social Workers, Parents, Others <i>*Cluster workshops as well</i>
2	Journeying with Genogram, Timelines and Strength Cards	1 day	
3	Supervision Workshop -Strengths Approach -Contemplation Cards	1 day	
4	Trauma Informed with Visual Tools and Experiential Approaches workshop	1 day	
5	Managing Anxiety with Visual Tools and Experiential Approaches workshop	1 day	
6	Artistic Therapy Workshops - Clay - Sand-play - Drama & Movement - Colour - Play <i>A Certification Programme by Sophia College (Australia) *</i>	2 days	
7	Professional Art Therapy Workshops - CBT and Art Therapy - Engaging Special Needs with Art Therapy - Self regulation with Art Therapy	1 day	
8	Sensory Processing Disorder Workshop	0.5 days	
9	Social Emotional Learning Workshops	1 or 2 days	