



## 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)	i) RP - Sustaining Positive Discipline Workshop	2 days	Core Team
		ii) RP Coaching	1 day	
		iii) RP Conferencing Workshop	2 days	
		iv) Whole School	1 day/2 half days	Teachers
		v) Facilitation Skills	0.5 day	Teachers
		vi) Refresher	0.5 day	
		vii) RP and Special Needs	1 day	
		viii) RP and Bullying	1 or 2 days	
		ix) Support/ Implementation sessions	2 hours	
3	Management/Staff	i) RP Envisioning	0.5 day	P,VP, HOD, Year Heads
		ii) RP for Personal Well-being	2 hours	Individual/Staff
		iii) RP for Staff bonding	3 hours	
4	Parents	Introduction to RP	1 or 2 hours	Parents

### Relational Circles

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



### Others - TEACHERS & School Support Staff

	Area	Programme	Duration	Participants
1	Strengths (TSR)	Strengths Workshop (building a Strength-based classroom)	0.5/1 day	Teachers
2	Communication & Strengths	i) Compassionate Communication	0.5 day	School Support Staff Admin/Teachers
		ii) Strength based teambuilding	0.5 / 1 day	
		iii) Strength Approach for well-being	0.5 day	
3	Growth Mindset with Strengths	Growth Mindset with Strengths	0.5 day	Teachers
4	Others	i) Special Needs Training Eg., ADHD, Autism & others	4 hours	
		ii) Mindfulness and Strength	0.5 / 1 day	
		lii) Self-Care for Teachers & Admin Staff*	0.5 / 1 day	



# STUDENTS

	Area	Programme	Duration	Participants
1	Student Leadership	i) Peer Support	0.5 / 1 day	Student Leaders
		ii) Peer Mediation & Conflict Management	0.5 / 1 day	
		iii) Peer Support with Special Needs	0.5 / 1 day	
		iv) Peer Support with Cyber Wellness	0.5 / 1 day	
		v) Peer Support with Growth Mindset	0.5 / 1 day	
		vi) Peer Coaching/Mentoring	0.5/1 day	
		vii) Compassionate Communication (Empathy, Emotions and Feelings)	0.5 day	
	Student Leadership	iv) Strength Approach	0.5 day	Student Leaders
		v) Circles Facilitation skills	2/3 hours	
		vi) Restorative Leadership (RP/Repair relationship)	0.5 day	
2	At-Risk (Motivation & Resilience)	i) Whytry and Relational Circles - Primary/Secondary Gear Up Programmes	3-5 sessions	At-Risk Students
		ii) Gaming Addiction	3/4 sessions	
		iii) Empowering Girls/Boys Programme	3/4 sessions	
		iv) Anger Management	3 sessions	
3	All Student Levels	<b>SEL SKILLS :</b>		All Students
		i) Compassionate Communication (Empathy, Emotions and Feelings)	0.5 day	
		ii) Strength Approach	0.5 day	
		iii) Responsible Decision Making	0.5 day	
		vi) Cyber Wellness	3/4 hours	
		v) 3-steps approach to developing a Growth Mindset (Instill, Ignite & Develop)	3 sessions	
		vi) Mindfulness	0.5 day	
		vii) <b>Post Exam Workshops :</b> 1. Transition Training 2. Strengths 3. Responsible Decision Making 4. Inclusive Classroom 5. Effective Communication 6. SEL Skills Student Trainings	0.5 / 1 day	
<b>ACADEMIC SKILLS :</b>		High Functioning/ Normal Students		
viii) Study Skills/ Exam Anxiety/Scholar Program/Motivation <b>(NLP &amp; CBT research &amp; evidence based)</b>				
4	Special Needs	Peer Buddy Support	2/3 hours	Students
5	Relational Circles	Facilitation Skills - Students	2/3 hours	Students
		Peer Learning		



## 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	Study Skills	Study Skills	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	0.5 / 1 day	Counsellors, Teachers, Social Workers, Parents, Others
2	Training of Counsellors/Social workers and Teachers	0.5 / 1 or 2 days	
3	Journeying with Genogram, Timelines and Strength Cards	1 day	
4	Cars 'R' Us Workshop	1 or 2 days	
5	Strength Approach / Strength for Supervision Workshop	1 day	
6	Trauma Informed with Visual Tools and Experiential Approaches workshop	1 day	
7	Managing Anxiety with Visual Tools and Experiential Approaches workshop	1 day	
8	Artistic Therapy Workshops (Clay, Sand, Drama, Colour & Play) <i>A Certified Programme *</i>	2 days	
9	Engaging Special Needs students through Art Therapy	1 day	
10	Self-care (Card-based) workshop	0.5 day	
11	CBT and Art Therapy	1 day	
12	Social Emotional Learning Workshops	1 or 2 days	