

COMPASSION AND JOY; SUPPORTING CHILDREN TO THRIVE

This ground-breaking course looks at how the often-undervalued concepts of Compassion and Joy can be profoundly life-changing for our children. Negative experiences change the fundamental structure of a child's brain, lowering their ability to learn and catastrophically undermining emotional well-being.

**WITH
BEN
KINGSTON
HUGHES**

This course looks at the neuroscience of compassion and joy demonstrating that, far from abstract concepts, they are neurologically powerful methods of supporting children through anxiety helping them overcome negative experiences, create life-long neural networks for positivity, and thrive. With real-life practical examples and compelling research this session is a must for anyone working with anxious or vulnerable children. The course also introduces stunning new research on the neurological development of empathy and shows how we can help children not just feel safe but be more aware of the feelings of others.

This trailblazing new course shows a unique picture of the child's brain and gives practical advice on how we can create the optimum neurological conditions for emotional well-being and recovery.

- Creating the optimum neurological conditions for emotional well-being and recovery
- Understanding the neuroscience of empathy to unlock pro-social behaviour in our children
- Protecting our children from the damage caused by Anger, Fear and Anxiety
- Supporting our children to thrive through Compassion and Joy Suitable and adaptable for the following ages/agencies 0-5 yrs Reception KS1 KS2 Out of School Secondary/ Youth Parents/ Adopters/ Foster Carers

**TO BOOK PLEASE EMAIL
FEAPPRENTICESHIPS@BLC.AC.UK**

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COURSE**

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