

This is a list of recommended training providers.

Those training providers listed have agreed to a quality assurance process of training that has been commissioned as a direct result of them being on the recommended provider list, therefore please notify Helen Jones at [helen.jones@cafamily.org.uk](mailto:helen.jones@cafamily.org.uk) if you commission training as a result of this list.

If you know of a provider or are a provider who would like to be included on this list, please contact Helen Jones at [helen.jones@cafamily.org.uk](mailto:helen.jones@cafamily.org.uk).

<b>Name &amp; Contact Details:</b>
<p>Sarah Lee  <a href="mailto:Sarah.lee@solidcoaching.co.uk">Sarah.lee@solidcoaching.co.uk</a>                      01886 822279                      07905 722005  <a href="http://www.solidcoaching.co.uk">www.solidcoaching.co.uk</a></p>
<b>Short summary of service</b>
<p>Solid! offer coaching, training, meeting facilitation and project support to small groups, charities and statutory agencies to support the development of community led initiatives. We can tailor our work to meet individual needs and can run any of the courses below as one day workshops or longer courses. We charge £350 per day plus expenses per trainer and can work with 15-20 participants with one trainer.</p>
<b>Types of training and learning development opportunities on offer</b>
<p><b>PULSE 1</b> - An introductory course for people new to participation to build confidence and skills to effectively contribute in planning and strategy meetings within local government.  <b>PULSE 2</b> - A 2 day workshop to give people who have some experience of strategic planning time to reflect on the impact of their involvement, develop their influencing skills and gain new insights and strategies to resolve issues and challenges.  <b>Trouble Shooting in Groups</b> - A 1 day course to enable group and team leaders to effectively identify causes of conflict and use a range of tools to manage conflict more effectively so that all members feel valued and respected.  <b>Sanctuary</b> - A 3 day workshop aiming to give parents time and space to think through their lives and develop skills to create positive changes.  <b>Confident Communication</b> - A 2 day workshop aiming to enable parents to build their confidence and skills to communicate effectively in meetings.  <b>Coaching Skills for Leaders and Managers</b> - A 4 day course for managers and leaders to develop effective coaching skills to improve staff performance, accountability and motivation.  <b>Building Participation in Strategic Decision Making</b> - A 1 day workshop for anyone in the public or voluntary organisations new to involving people in decision making. The course aims to enable participants to develop the confidence, skills and tools to effectively include the public as equal</p>

partners in strategic decision making.

**Inclusive Teams and Groups** - A 2 day course to enable team leaders and managers to develop effective team participation, collaboration and mutual support.

**Communication Unravelled** - This 1 day course aims to give participants models and techniques to facilitate better communication for themselves and their teams.

**Name & Contact Details:**

Business Solutions  
Karen Wooddissee and Anna Gill  
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**Short summary of service**

We are very experienced parent representatives, Trustees and volunteers for many overarching voluntary sector and Local Authority Boards, in our principal role as mothers of sons with disabilities. It was inevitable that we would become founding members of Family Voice Norfolk, the local strategic forum for parents of children with special and additional needs. We are the recently appointed Regional Facilitators for Early Support in the East and experienced trainers & capacity builders for the full range of E S courses, part of the team commissioned to develop the Workshops for Parents. Other nationally recognised courses include Scope's 'Right From The Start' & 'Strengthening Families' programmes. We also offer a range of Workshops and bespoke training programmes to meet particular needs, especially for parents who just beginning to use their experiences in a representational or training role. In partnership with Short Breaks Network we have developed and delivered a number of courses specifically to meet the needs of Short Breaks Carers. Our greatest strength is our ability to link our first hand knowledge to training materials and provide "real life" learning opportunities for both practitioners and parents, which is greatly valued by all participants.

**Types of training and learning development opportunities on offer**

Our experience has been that no two areas ever need exactly the same support; we have therefore worked with local areas to develop a range of Workshops & Courses with some of the following objectives;

- Disability Equality & "Sharing the news" Workshops
- To enable a good understanding of the role and responsibilities of practitioners in empowering families to fully participate in decisions made about their children
- Build parental confidence and provide positive role models
- To consider the strengths of parents as trainers, both of professionals and other parents and provide framework for disability equality presentation/training
- Understand the role of a parent representative
- CWDC Core Standards training for Short Breaks Carers
- Consider different models of parent/carer participation

- Develop training, facilitation and presentation skills for parents
- Understand implications of parental self disclosure
- Early Support Parents Workshops and similar models for parents of older children
- Identify the key principles of group work with parents and begin to understand the dynamics in parent groups.
- To recognise the impact that having a child with a disability may have on families and recognise the issues & emotions that parents face
- Promote a comprehensive understanding of the Social Model of disability from the viewpoint of the child and their family
- Focus on the vital role that parents and carers play – in the lives of their children & in terms of working in partnership with practitioners

We would be pleased to work with you to develop exactly what you need for your own area

**Name & Contact Details:**

Helen Barker - Director - KPAC Community Interest Company  
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**Short summary of service**

KPAC Community Interest Company is a training provider based in the Huyton area of Liverpool. Since it was set up as a social enterprise in 2007, it has delivered a variety of training to different groups around the northwest. These have included local residents, community groups and organisations, employees and employers, local forums, local authority and the private sector. KPAC prides itself on delivering non-accredited learning opportunities in a relaxing and friendly environment using interactive, creative and inclusive methods. The training delivery style is hands on which means the participants have to be actively involved in the learning experience. All of KPAC's tutors are qualified and experienced and all have enhanced CRB checks. KPAC specialises in disability, and does much of its work with disabled learners, parents and carers, or organisations that work with disabled people. The organisation encourages lifelong learning, empowerment and stronger families through its training provision. Alongside the training provision, KPAC is heavily involved with local forums and groups that represent disabled people including Knowsley User Led Organisation, Knowsley CIL (Centre for Independent Living) and Knowsley LINK. KPAC holds the Matrix accreditation for delivering information, advice and guidance and the 'Two Ticks' award for supporting people in the work place. KPAC has won a number of awards for its work with disabled people including;

Juice FM Community Award  
Positive Action Award  
Rainey Day Award

**Types of training and learning development opportunities on offer**

KPAC delivers training in 5 main areas:

**Personal development and capacity building courses**

Working as a group  
SMART Action planning  
Assertiveness skills  
Social enterprise training  
Developing groups and forums  
Using social media to develop your organisation  
Effective decision making  
Presentation skills  
Travel training  
Life skills for independent living  
Financial capability and personal budgeting  
Communication skills

**Employability skills courses**

CV writing  
Interview and presentation skills  
Powerpoint presentations for job seekers  
Completing a job application form  
Disability awareness in the workplace  
Employability skills  
Portfolios for job seekers  
Introduction to management

**Health and wellbeing courses**

Alternative therapy  
Rebound therapy  
Boccia  
New Age Kurling

**Leisure courses**

History and culture project  
Digital photography  
Social media course

**Other**

Bullying and harassment awareness  
Disability awareness training

Community mentors course

In addition to this, KPAC can design bespoke courses to suit the training requirements of your group on request.

**Name & Contact Details:**

Freedom2Think  
Teresa Kain and Tara Kierans  
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Teresa – 07983448705  
www.freedom2think.co.uk  
mail@freedom2think.co.uk

**Short summary of service**

**Freedom 2 Think – Supporting you to support others**

Training, support, information and consultancy for those supporting others: Housing, education, public, private and voluntary sectors, health and social care providers, charities, faith communities, and carers.

**Types of training and learning development opportunities on offer**

**TRAINING & SUPPORT SESSIONS**

**Looking after yourself – Mental Health Awareness Workshop**

A workshop which provides an opportunity for participants to increase their awareness of mental health and the impact it has on our lives.

Areas covered include:

What is mental health?

When might mental health difficulties arise?

Stigma and judgements by wider society

What help is available if you're concerned about a mental health issue?

Can be delivered as a single workshop or as a series of workshops.

**Looking after yourself – Emotional Wellbeing**

A workshop that provides space for participants to consider their emotional wellbeing within the context of their caring roles.

Areas covered include:

What is emotional wellbeing?

Exploration of difficult and challenging feelings that can be experienced when caring for others and the impact these feelings can have on our emotional wellbeing.

Consideration of ways we can sustain ourselves and look after our emotional wellbeing when caring for others.

This session will also include an overview of carer's rights and what support is available to help carers manage their caring role.

Can be delivered as a single workshop or as a series of workshops.

**Introduction to Group work**

This session provides participants with the opportunity to explore the purpose of groups and how these meet the aims & objectives of your organisation and to encourage parent participation. The session will also explore the theory of group support and issues around facilitation and administration of groups.

**Diversity**

A workshop providing participants with the opportunity to explore the impact of difference and diversity on a group engaged in a task. Participants also examine ways that difference might be managed within group settings.

**Assertiveness & creating boundaries**

This session will cover basic assertiveness skills and identify the personal triggers and challenges of creating boundaries and being able to say 'NO'.

**Confidence Building**

This session will explore issues relating to low self esteem and lack of confidence. The session aims to challenge negative self perceptions and encourages participants to gain a better sense of self worth.

**Motivation and Empowerment**

This session will encourage group cohesiveness by identifying individuals' strengths and how these can be harnessed and channelled in a group forum for active parent participation. Group exercises will help to develop enthusiasm, positive energy, goal setting and aim to be motivating.

**Managing difficult situations**

This session will explore what participants experience when faced with difficult situations. What are your personal triggers, how does it impact on you and how can you remain calm and safe when facing challenges. We will explore some the reasons people find it difficult to express their needs and then behave in an inappropriate or aggressive way. The session will cover personal boundaries, communication & listening skills, assertiveness and how to identify what support you need to help sustain you when faced with what feels like a personal attack. Key aspects to this include understanding compassion, empathy, unconditional positive regard and genuineness.

Can be delivered as a single workshop or as a series of workshops.

**Name & Contact Details:**

Miranda Parrott  
[miranda@parrott3118.freeserve.co.uk](mailto:miranda@parrott3118.freeserve.co.uk)  
01751 417291

**Short summary of service**

Miranda Parrott is an independent consultant and trainer whose work is with parents of disabled children and professionals who work with the families. She has worked in the voluntary sector for the past thirty years, with families, and particularly with families of disabled children, young people and adults. The main part of her working life has been with Contact a Family (CaF) where she was part of the Senior Management Team.

She has long experience in team management, strategic development, project development (including holiday play schemes, holidays, and arts and employment projects), provision of information and support to parents, group development and training for parents and carers, staff and volunteers. With a colleague, she set up and developed the CaF Area Representative scheme – parent volunteers providing a local face for the organisation.

Until June 2010 she was Parent Participation Adviser for Together for Disabled Children in Yorkshire and Humber and is now an Associate for Contact a Family. During the first programme she did independent work with a number of Forums in the North East, North West and West Midlands, providing workshop days on a variety of subjects.

She believes in supporting the whole family and has a particular interest in Siblings and in Sleep issues. Miranda is a C4EO Sector Specialist.

**Types of training and learning development opportunities on offer**

Miranda has worked independently as a trainer since 2001. Workshops can be tailored to the required purpose and intention; and are always very informal – building on the strengths and knowledge of the participants.

Past topics have included:

What is participation?

Supporting the work to continue

Equal partners

Participation in a challenging context

Getting all parent involved in participation

Negotiation

Presentation skills

Being assertive

Role of committee members

Developing a Business plan

'Away days' for Committees

**Name & Contact Details:**

Katie Clarke

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Gaynor Dale

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**Short summary of service**

Together we have over 35 years of experience of being parents of disabled children and establishing parent led organisations. We have worked with local authorities, Parent Forums and national Charities.

We offer training and consultancy to Parent Forums on a wide range of topics.

Experience tells us every Parent Forum is unique and that they all work in different ways. We therefore tailor the training to suit your specific needs.

Ours is a personal services based on mutual respect and understanding delivered to parents, by parents and always in partnership.

**Types of training and learning development opportunities on offer**

A snap shot of the training we cover includes:

Governance & Establishing Policies and Procedures gives participants a range of knowledge, information and practical examples of policies required for parent participation groups. It is holistically designed to look at policy already in place, explore any 'gaps.

Managing Difficult Situations gives participants increased confidence in dealing with a range of difficult situations and conflicts both as forum members in their daily life

Safeguarding & Data Protection ensures your forum is safe, legal and there is a 'duty of care' for members. The training is holistically designed to look at policy already in place and explore any 'gaps.

Working with Local Authorities gives participants increased confidence when working in partnership with their local authority and greater understanding of structures within

Presentation & Media skills give participants a range of knowledge, information and skills to successfully coordinate parent participation groups. It is holistically designed to explore the variety of roles undertaken by coordinators and group leaders which are many and varied.

Increasing membership looks at creative ways to engage with families and support members to become more active in the forum.

A range of further training available includes Action Planning; Social Model training; Person Centred tools to work with families and the forum. All sessions are tailored to meet specific outcomes and outputs of the individual groups taking part.

**Name & Contact Details:**

K&K Associate Consulting Ltd - Kathy Taylor and Kate Evans

5 Comforts Farm Avenue, Oxted, Surrey RH8 9DH

01883 714041

07789 474120

kate\_evans51@btinternet.com

**Short summary of service**

K&K Associate Consulting is a new company formed by Kathy Taylor and Kate Evans which aims to improve life chances for children and young people by working with parent carers, statutory and third sector organisations and others. We offer a number of services from strategic involvement and support to training.

**Types of training and learning development opportunities on offer**

Existing courses, all of which can be tailored to individual audiences, include:

- Person-centred approaches
- Person-centred transition reviews
- Introduction to mediation for professionals
- Introduction to mediation for parent carers
- SEN processes (various)
- Working Effectively with parent carers
- Effective Communication
- Conciliation Skills
- Dealing with difficult conversations
- Presentation and Facilitation Skills

**Name & Contact Details:**

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20 Park Leven  
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anna.walker1@homecall.co.uk  
07890 267336

**Short summary of service**

Jane Jones and Anna Walker are independent trainers with a combination of over 40 years of involvement in disabled children’s services. We are both parents of disabled children and founder members of Cornwall’s Parent and Carer Council.

We work at both local and National level supporting and contributing to the development and improvement of services for disabled children and young people and were instrumental in securing commitment from the previous government to deliver the Aiming High for Disabled Children Programme.

We are passionate about improving the lives of disabled children, young people and their families

and value the opportunity to input into the development of services for this group and young people. Additionally we believe that offering good support and training opportunities to parents and carer's will help build resilience helping them to become more resourceful and less service dependent in their caring role, but most importantly enabling to begin to look forward to their children's future rather than fearing it.

We occasionally employ additional parents to deliver the training to ensure that personal experience drives the sessions ( e.g. Palliative Care) All our parent trainers are fully qualified and have experience delivering to a range of attendees.

#### **Types of training and learning development opportunities on offer**

##### **Child and Family Centred Disability Awareness Training**

3-6 hour training course, tailored to meet the requirements of the organisation, covering attitudinal, environmental and organisational barriers to the inclusion of disabled people. Explores medical model versus social model and challenges why disabled people's needs are seen as 'special' or 'additional'.

##### **Support for All ( 3 to 6 hours)**

Understanding the impact of the disabled child on the whole family, including siblings and grandparents. Can be tailored to meet the requirements of the organisation and can be merged with the Child and Family Disability Awareness training.

##### **Professional Parent Participation training**

5-7 hour training depending on training requirements of organisation. Supporting service providers to effectively support and engage parents and carers in service development

##### **Parent Participation training.**

Two half day or one full day's training. Designed to inform and empower parents to become enthusiastic about taking part in Parent Participation. Covers Aiming High, skills required to participate, meetings, allowing parents to identify their expertise as parents of disabled children and other important areas.

##### **Disability Equality Duty**

5-7 hour training course. Provides understanding of what the DED responsibilities are and assists agencies in commencing the writing of Disability Equality Schemes.

##### **A Guide to Services and Signposting ( Cornwall only)**

5-7 hour training course. Designed for people new to working with disabled children and their families or those staff who are considering taking on Lead professional or Key worker roles for families. Covers the basics on organisations who support families, Special Educational Code of Practice and benefits.

##### **Triangle- 3 Way Street training**

5-7 hour training course. Communicating with children is often a three way event, involving a parent or carer or other accompanying adult. This training provides a model for three way communication in which the child is central using practical evidence based strategies to establish direct communication with a child in the presence of another adult.

**A Plan not a Process, A life not a Service**

A half day workshop for parents to consider the benefits of using the social model to think about their young person's future in a more person centred way and practitioners to consider the importance of the above when undertaking assessments.

Participants will also understand the importance of planning for the future and sharing the 'load' through exploring person centred approaches and planning and circles of support with a focus on more holistic outcomes when considering their young person's future.

**Life Under the Big Top ( 3 hours)**

A Parents perspective of their journey through Palliative Care services exploring the impact on the whole family of having a child with a life threatening or limiting condition. The training will consider some of the issues parents face when using palliative care services enabling participants to reflect on their organisational and personal practice in their support roles.

**Dignity in Care (4 hours)**

A 3 hour workshop for professional staff working with families of disabled children and young people which explores good and poor practice around providing support to disabled children and considers the rights and opportunities of disabled young people and the legislation which protects these.

**An Introduction to Safeguarding and Supporting Disabled Children**

A 2 x 4 hour day or 1 x 7 hour day workshop covering:

- Disability Awareness, terminology and Language
- Parent's perspective
- Communication
- Dignity in Care
- Safeguarding disabled children
- Signposting

**Mini Workshops**

- Assertiveness and building confidence
- Planning and holding a consultation
- Active listening and essential communication skills
- Chairing skills, group dynamics and meeting etiquette
- Disability Equality Duty and new Equality Duty in relation to disabled children and their families.
- Transition and planning for the future.
- Training delivery skills for parents

Training can be tailored to individual requirements and can benefit a range of participants from parents and specialist staff to administration staff and universal providers.

**Name & Contact Details:**

Janet Bliss  
Tel: 0116 274 5112  
Email: [j.bliss@phonecoop.coop](mailto:j.bliss@phonecoop.coop)  
Address: 22, Elmfield Ave, Stoneygate, Leicester, LE2 1RD

**Short summary of service**

Experience in planning and facilitating 'tailor made' workshops based on the agreed outcomes of the training provider. Thirty years experience of working with a variety of participants e.g. parents/carers, social workers, teachers, volunteers, disabled service users, young people. Style of facilitation is participatory and fun.

**Consultation background:**

I have experience as a supervisor/coach. In 2007 I had a freelance contract with SMART (a drug awareness charity) supporting one of their managers to structure his supervision sessions with his team and evaluate the work he was doing as a line manager

**Training background:**

Qualified as a social worker specialising in disability with a module in training before changing direction and doing a Royal Society of the Arts Diploma in Drama in Education. To complement these qualifications I gained a Diploma in Person Centred Counselling, a Certificate in Person Centred Group Work and a Diploma in Training & Development.

**West London Institute of Higher Education (now Brunel University)**

Certificate in Social Services (specialist modules in disability and training) 1977 - 1979

**Tape & Drama Centre, Inner London Education Authority**

Royal Society of the Arts Diploma in Drama in Education 1984 - 1984

**University of Leicester, Labour Market Studies (distant learning)**

Diploma in Training and Development 1998 – 1999

**Region(s) covered:**

Anywhere within a maximum of two hours travel from Leicester

**Types of training and learning development opportunities on offer**

**Consultation facilitation summary:**

Experience in planning and facilitating the following workshops in various setting e.g. schools, youth clubs, colleges, voluntary organisations.

- Communication skills
- Presentation skills
- Assertion in the workplace
- Building self esteem
- HIV/AIDS awareness,
- CV/Application writing skills & Interview techniques,
- Train the trainer
- How to effectively talk to professionals,
- How to feel confident attending meetings

<b>Name &amp; Contact Details:</b>
Hilary Gibb (Hil)01526 830687 078600 1645 <a href="mailto:hil@hilgibb.com">hil@hilgibb.com</a> <a href="http://www.hilgibb.com">www.hilgibb.com</a>
<b>Short summary of service</b>
<p>Hil Gibb is a successful Master Practitioner and Coach in Neuro Linguistic Programming (NLP), with a Masters Degree in Leadership and was invited by LPCC to deliver our parents' workshops. She was consistently judged outstanding as a Teacher and a Head Teacher, but decided to 'have an adventure' and consequently went self-employed in January 2009.</p> <p>She now works with a wide range of individuals facing significant, personal challenges as well as groups of varying sizes across business and education.</p> <p>Hil has been asked to speak at three national conferences in 2011. She is also a volunteer mentor for the Prince's Trust. She is consistently pro-active, passionate, nurturing, and resilient. Her main strengths lie in her ability to communicate with people (motivating and developing them) and to think actively, flexibly and creatively. She relishes new challenges and is committed to adding value to, and facilitating the growth of individuals and teams.</p> <p>Our series of workshops for parent carers were designed around the concept of having fun and learning new ideas to make life that bit easier for parent carers.</p>
<b>Types of training and learning development opportunities on offer</b>
<ul style="list-style-type: none"> <li>• Effective Communication</li> <li>• Strategic Planning and Leadership</li> <li>• Development of 'Vision'</li> <li>• Change/Growth Leadership and Management</li> <li>• Well Being = Well Business; naking the myth of work-life balance</li> <li>• Impact Evaluation</li> <li>• Problem Solving Team Building</li> <li>• Development of CPD addressing the match between need and provision/opportunity</li> <li>• Motivation of workforce, increased staff well-being and reduced absenteeism</li> <li>• performance management/appraisal</li> <li>• NLP Master Practitioner, Trainer and Coach</li> <li>• Time Line Therapy Master Practitioner</li> <li>• Hypnosis Master Practitioner</li> <li>• Assertive Discipline Trainer ~ positive behaviour management</li> <li>• Social and Emotional Aspects of Learning</li> <li>• Eliciting creative thinking and its articulation</li> <li>• Mediator and chair</li> </ul>

<b>Name &amp; Contact Details:</b>	
<p>ALLSORTS Vanessa Moore 020 85235240 07914 308227 vanessamoore@vanessamooreconsulting.com www.vanessamooreconsulting.com</p>	<p>Carol Prideaux Consulting Carol Prideaux 020 8504 1527 07896 676192 carol.prideaux@ntlworld.com</p>
<b>Short summary of service</b>	
<p><b>Who we are and what we do</b></p> <p>We are parents of children with autism and other complex health issues and are the founders of Waltham Forest Parent Forum (<a href="http://www.walthamforestparentforum.com">www.walthamforestparentforum.com</a>) which is a parent participation group with over 300 parent / carer members and 250 professional members made up of schools, local councillors, borough officers, health professionals and other voluntary and charity groups. With working backgrounds in HR and teaching we have developed training for our forum and other local groups and organisations in our participation network by drawing on our personal skills and experience to provide practical and original training solutions. Our training is participative, bespoke to the needs of your group and fun. Most of all the parents and groups we work with value the fact that training and support is delivered by a parent just like them who understands the issues that parents of a disabled child face.</p> <p>Our philosophy is to share our skills with other groups to help them develop their parent participation voice. We believe that participation can and will change outcomes and improve services for families and are committed to supporting the work of parent forums in any way we can. Therefore our charges for training sessions for parent forums aim to reflect this ethos.</p>	
<b>Types of training and learning development opportunities on offer</b>	
<p><b>Types of training and learning development opportunities on offer</b></p> <p><b>Parent Participation</b></p> <ul style="list-style-type: none"> <li>• Starting a forum, roles and resources</li> <li>• Developing suitable structures, documents and policies</li> <li>• Developing a forum strategy, planning events</li> <li>• Marketing and promotion of your forum, producing leaflets</li> <li>• Writing briefing papers and funding bids</li> <li>• Developing communication, websites, social media</li> <li>• Developing forum member skills, volunteer commitment</li> <li>• Practical meeting skills, introducing yourself at meetings, taking notes, feeding back</li> <li>• Group roles and team building</li> <li>• Setting and maintaining budgets</li> <li>• Producing financial and monitoring reports,</li> <li>• Managing forum accounts</li> </ul>	

- Developing effective presentations and events to engage with professionals and service Providers

**Sleep Counselling – [www.times2sleep.com](http://www.times2sleep.com)**

- Individual Sleep Counselling packages for children with or without special needs via phone or home visits
- Good sleep practises workshops for parents, carers and people working with children and families who would like to know more about sleep, its effects on the family and simple techniques that can help improve sleep in children with or without special needs

**Name & Contact Details:**

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**Short summary of service**

I am a Law Graduate with over 20 years worth of experience in the sectors of housing, race equality and community safety (including racial harassment, burglary reduction, domestic violence and safer neighbourhoods). I have also worked on neighbourhood regeneration projects and women's projects where I specialised in confidence building and personal development. For the past five years I have worked in the role of Community Engagement Manager for NHS Derby City.

In these various roles I was continually asked to deliver training for audiences such as residents, carers, academics, magistrates, police officers and Local Authority staff plus many more groups including workers from the voluntary sector.

**Types of training and learning development opportunities on offer**

I hold a 7307 Teaching Certificate and have trained in the areas of:

- Community development
- Equality and Diversity
- Race awareness
- Cultural diversity
- Women's self confidence and self esteem
- Improving health and well being
- Personal development.
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I usually deliver bespoke programmes for the audience depending on what their requirements are. I can also provide workshops in all these areas or taster sessions. I have worked with parents and

families throughout my career. I am happy to allow quality assurance monitoring of my training. I have already sent three letters of recommendation to you from professionals who have hired me to deliver training. I hope this information is satisfactory but if you require any additional information, please do not hesitate to contact me.