

*What a wonderful  
workshop!  
Really grateful.*

”

*Not a Care in the World*

# Training Workshop Brochure



**Not A Care in the World**

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*You are a breath  
of fresh air.  
Very inspiring.*





In this brochure you will find more information about the individual training workshops we offer.

Each training offer has a recommended number of sessions.

Whilst all of our training can be delivered as stand-alone sessions, we believe the recommended programmes allow for the predicted outcomes to be fully realised.

You can book any of our training workshops by visiting our website:

[www.notacareintheworld.co.uk](http://www.notacareintheworld.co.uk)

or emailing:

[hello@notacareintheworld.co.uk](mailto:hello@notacareintheworld.co.uk)

Our training focuses on self-care, communication, creativity and confidence and we also offer training sessions specifically for carer support staff.

## Self-Care

What stops you from being the fantastic human you were born to be? Life has got us down, it's taken everything from us and given us nothing in return. We need to go back and see where our internal blocks are, what stops us from being in flow and how to get back to a place of calmness and readiness for the next obstacle to carefully overcome. We've achieved so much before so lets remember our own self-worth to get clear and focused!

## Communication

How to make an impact to get your message across to others is a huge challenge to all of us. We've all been there where we had one chance to get our point across and influence a decision and we blew it with nerves, anger or a lack of passion. Let's get smart, specific and passionate with others!

## Creativity

We are all creative, there is no such thing as the special artist who was born that way. We were all born creative but sadly being an adult wears us down and we lose that initial spark where we fear failure. On top of that, you really forget who you used to be when you gave up your life caring for others. Let's reignite that spark!

## Confidence

When life has knocked you down, it's hard to get back up. You don't know your rights, who to turn to or how to get others on board to support you. You feel like the costs outweigh the benefits and we sit back in our comfortable place of inaction. Let's get connected, motivated and share the load.



# Self-Care Training Workshops

## 1. GET A LIFE

### *Unlocking stuck patterning*

Examine your internal worlds, how you view a situation and what you can do to change your own reactions and beliefs about yourself and, in turn, others.

In this training we will:

- Explore your limiting beliefs and say goodbye to them
- Find your actions to create more space in your life
- Examine how to reframe perceived negative experiences
- Understand the anxiety cycle and find ways to change it
- Make an action plan to change reactive behaviour patterns to a more considered response.

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, the carers will have reflected on their current stuck patterning behaviours and created an action plan to enable their needs to be met.*

## 2. GONGS AND SOUND THERAPY

### *Relaxation and time out*

Try an immersive, vibrational sound massage that ripples through your muscles, joints, bones and organs; travelling right down into your cells and beyond. It's a great way to beat stress and relax! Complex instruments are used to frame a profound silence, which can be used to transform negative energy, balance the brain hemispheres and assist the body in healing itself.

- How do we relax and what is the right kind of selfishness?
- Give yourself a vibrational massage
- Train and rewire your brain
- Elevate your frequency

**Recommended length: 1-10 sessions**

*By the end of the 10 sessions, the carers will have had regular immersive sound therapy to rewire stuck patterning in the brain and created a regular space for themselves to just 'be'.*

### 3. BREATHE/RELAX/RESET

*Grounding and stillness*

Simple, yet effective: a journey to deepen your relationship with yourself using the breath. By connecting the inhale with the exhale, we will bring awareness to your natural breathing rhythm to relax deeply and discover tensions in the body which link to emotions, thoughts and narratives. No rules. No comparisons. No destination. All moods welcome and interesting!

- Calm and regulate your breathing patterns
- Hack your nervous system
- Integrate trauma
- Realise your potential and make a future action plan.

**Recommended length: 1-10 sessions**

*By the end of the 10 sessions, the carers will have identified their usual breathing patterns and undergone a transformational trauma releasing process that integrates and heals through deep and sustained breathing.*

### 4. CREATIVE VISUALISATION

*Hope and clarity*

A meditative journey of discovery using gentle guided meditations to calm the mind and rewire negative thought patterns.

- Set positive changes for the future.
- Re-remember positive situations in the past.
- Create a sense of hopefulness.
- Provide comfort and clarity.

**Recommended length: 1-10 sessions**

*By the end of the 10 sessions, the carers will have begun to rewire negative thought patterns and create a more positive, life affirming vision for the future.*

### 5. MAKING FRIENDS WITH YOUR FEELINGS

*Rebalance healthy emotions*

This workshop aims to help you:

- Stop the emotional overwhelm
- Understand the nature of our feelings
- Find a healthy emotional balance
- Gain clarity and reduce anxiety

**Recommended length: 2 sessions**

*At the end of the 2 sessions, the carers will have explored the role emotions play in their lives and gained practical experience of working with and not against their emotions for optimal emotional health.*



# Communication Training Workshops

## 1. SPEAK UP

*Communication and assertiveness*

The Speak Up training will enable carers and community groups to begin to look at communication skills and the power of language.

This training will cover:

- Verbal and non – verbal communication such as speaking, body language, signs and symbols
- Understanding the important principles of yes and no techniques from Neuro Linguistic Programming (NLP)
- Exploring listening skills such as active listening
- Passive and aggressive behavioural traits
- Space and power dynamics
- Assertiveness and speaking up for your own wants and needs

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, the carers will have explored their own communication and behavioural style and adopted more clean and clear assertive language and body language for the future.*

## 2. SPEAK CLEARLY

*Communication with professionals*

Using interactive role play such as Forum Theatre techniques, we will enable the participants to develop short interactive performances that can be used in training sessions, conferences, events and service user forums.

In this training we will explore:

- Interactive forum theatre techniques
- Using clear communication techniques from NLP
- How to create role-play from a pressing dilemma
- Problem-solving potential difficulties.

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, the carers will have explored challenging communication situations with professionals using case studies from the group and discussed and practiced positive solutions for the future.*

**As this training is designed to work together we recommend booking both Speak Up and Speak Clearly.**

### 3. PRESENT TO ME

#### *Presentation skills*

Present to Me allows the participants to explore how they communicate to other people in a presentation/ conference setting. We can use material that the person or group want to use or help structure their speech and interactivity with the audience.

We will look at:

- Finding the real personality behind the presentation script
- Vocal skills/ breathing/ articulation/ pronunciation
- Posture and body language
- Storytelling skills and the use of dramatic tension
- Eye contact and authenticity
- Use of powerpoint and visual aids.

**Recommended length: 1-3 sessions**

*By the end of the 3 sessions, the carers will have explored how to give an authentic presentation about their lived experience as carers and rehearsed this to the group with positive feedback.*

### 4. THE INTERVIEW

#### *Interview skills*

The Interview allows participants the opportunity to practice interviewing for a job, course or new opportunity in their life.

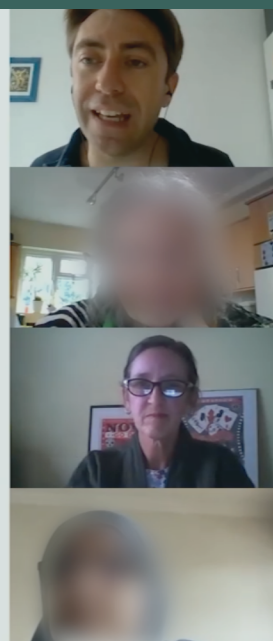
The training will cover:

- How to 'sell' yourself
- What to prepare before and during the interview
- Eye contact and authenticity
- Posture and body language
- Building rapport with the future employer
- What to do and what not to do
- Identifying core limiting beliefs.

**Recommended length: 1-3 sessions**

*By the end of the 3 sessions, the carers will have identified their limiting beliefs and practiced how to build rapport and be their authentic selves in a future interview situation.*

### Speak Clearly Carers





# Creativity Training Workshops

## 1. I DON'T CARE TODAY

*Fun drama and creative skills*

We will laugh, be silly and use fun drama games and exercises for unpaid carers to let their hair down, meet other people in their situation and learn some confidence building performance skills. This training will gradually build skills throughout the session(s) so no performance experience is necessary- just a willingness to have fun!

- Improvisation and comedy exercises
- Get to know you exercises
- Fun team games
- Storytelling and character games
- Devising small performances.

**Recommended length: 1-10 sessions**

*By the end of the 10 sessions, the carers will have explored how to play and have fun without worry about judgement and devised a small performance to their peers as a celebration of the joy in life.*

## 2. HELLO, I'M HERE AND STILL CREATIVE

*Unlocking your own creativity*

We will look at what creativity actually means and how to unlock that off switch. We will look at the worship of supposed gifted artists and begin to realise that we can all be creative. We will create a plan of making room for creativity little and often to change the default failure mindset.

- Unlocking your own creativity
- Release your own limiting beliefs
- Make an action plan to help change your habitual patterns and create space for fun and creativity.

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, the carers will have identified their limiting beliefs around creativity and identified an action plan to put time in for themselves little and often throughout the week.*



### 3. THAT'S THE STORY OF MY LIFE

*Exploring autobiographical stories*

We all have a story to tell. As carers our stories are often one minute painstakingly awful and the next laugh out loud funny. In these workshops we will explore what makes authentic and interesting stories from our lives and how can we reach out to universally connect to an audience.

This training focuses on solo autobiographical story making and the sessions will cover:

- Exploring your own personal bank of stories
- How to connect to an audience
- Exploring your true authentic self
- Exploring different performance styles such as performance art, comedy, storytelling and interactive performance.
- Learning to curate and design the story you want to tell
- Creating a short solo performance to perform.

**Recommended length: 1-10 sessions**

*By the end of the 10 sessions, the carers will have explored what autobiographical story they want to tell and in what style of performance they want to tell it and devised a short solo performance to their peers with positive feedback.*





## 1. KNOW YOUR RIGHTS

*Understanding the Care Act and carer's rights*

We will explore the law and how it is supposed to protect carers. With this information you can go into any health and social care professional meeting armoured.

We will cover:

- What rights do carers have?
- What does the law say?
- How can carers assert their rights?
- What stops carers asserting their rights?
- Trouble-shooting problems and finding solutions.

**Recommended length: 1-2 sessions**

*By the end of 2 sessions, the carers will have explored the Care Act and practiced how to assert their rights with professionals.*

## 2. HAVE YOUR SAY!

*Give voice to specific issues*

Have Your Say will enable community groups to explore a specific issue that is affecting their community and feedback issues together as a group in a fun and interactive way. We will spend time prior to the workshop(s) researching the issue to maintain a good background knowledge.

- The workshop will contain a mixture of participatory games, thought shower, image theatre and role-play.
- There may also be opportunities to record the findings of the workshop via visual images, audio or AV recordings, interviews or the subsequent writing of a report.

**Recommended length: 1 session**

*By the end of the session, the carers will have explored the topic or issue using an interactive approach and together highlighted the main conclusions and/or recommendations to be taken forward.*

### 3. CONNECTIONS

#### *Team building*

The Connections training will enable carers and community groups to develop team building and trust skills within their own group.

We will cover:

- How we work together as a group.
- Trust exercises.
- Team building games.
- Problem-solving activities
- Managing and workshopping potential internal conflicts.
- Making or reviewing the group contract.

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, carers will have built trust as a team of advocates, identified how to work effectively together using the skills of each individual and built a positive force for change.*

### 4. REACH OUT

#### *Create action plans to share the caring load*

We will look at the role of being a carer and their relationship to public services to understand clear boundaries to share the caring load.

- Explore the different range of professionals in a carers life.
- What can we do to better support ourselves to reach out?
- Who can help you with your caring role?
- Why is it important to reach out and ask for help?
- Examine why no carer is an island!

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, the carers will have explored who all the professionals are and could be in their life and created an action plan for actively engaging professionals to share the caring load.*

### 5. YOUR STUFF-MY STUFF

#### *Boundary setting*

As a carer, it is hard to know what boundaries mean as you are constantly 'on.' What is your stuff easily becomes my stuff. This includes the carer/ cared for dynamic as well as the neglect often witnessed in health and social care services.

We will look at:

- What are boundaries?
- Why are boundaries important?
- How do you know what is your stuff?
- Why do we take on too much responsibility as carers?
- How can you maintain healthy boundaries?

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, the carers will have explored boundaries with their cared for family members and professionals and create an action plan to maintain healthy boundaries for the future.*

## 6. PLANNING FOR CHANGE

*Moving on from caring*

Moving on from caring can be a difficult time, especially coupled with the loss of the person you cared for. You may be experiencing loss in a number of different ways and this training will enable you to regain your confidence and plan for your new phase in life.

This training will:

- Help you to regain confidence and strength after a difficult period in your life
- Create a supportive environment with peers who are also bereaved carers
- Explore ways to move forward into the next phase of your life
- Feel hopeful for the future and make an action plan to regain a new sense of purpose

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, the carers will have begun to process their recent difficult period with their loved one and begun to imagine and plan for a new exciting future for themselves.*





# Staff Training Workshops

## 1. CARER'S RIGHTS

*Understanding the Care Act and carer's rights*

A training session developed specifically for carer support staff, we will explore the law protects carers.

We will cover:

- What rights do carers have?
- What does the law say?
- How can carers assert their rights?
- What stops carers asserting their rights?
- Trouble-shooting problems and finding solutions.

**Recommended length: 1-2 sessions**

*By the end of 2 sessions, support staff will have explored the Care Act and how to support carers to assert their rights.*

## 2. TRAIN THE GROUP FACILITATOR

*How to facilitate interactive workshops for community groups*

This training is for anyone who wants to facilitate a group session using an interactive approach. It is suitable for more discussion led sessions where the emphasis is on change and transformation.

We will cover:

- How to set up a workshop space
- Examining different learning styles
- The difference between a teacher and facilitator
- Interactive approaches to group facilitation
- Questioning techniques
- How to plan a session, aims and objectives
- Practical tutorials and demonstrating facilitation in action.

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, staff will have explored a broad range of interactive exercises to suit varying learning styles, planned a whole session with a potential peer support group and facilitated an element of the workshop plan with positive feedback.*

### 3. BOUNDARIES FOR SUPPORT STAFF

#### *Boundary Setting*

This training offers a range of practical ways to build and maintain resilience and clarity when supporting carers. We will cover:

- Setting and asserting boundaries
- Managing expectations
- The importance of knowing limitations
- How to stay well at work.

**Recommended length: 1-2 sessions**

*By the end of the sessions, support staff will have learned more about setting and asserting boundaries and developed their resilience.*

### 4. CONNECTIONS

#### *Team building*

The Connections training will enable staff members to develop team building and trust skills within their own group.

We will cover:

- How we work together as a group.
- Trust exercises.
- Team building games.
- Problem-solving activities
- Managing and workshopping potential internal conflicts.
- Making or reviewing the group contract.

**Recommended length: 1-5 sessions**

*By the end of the 5 sessions, staff will have built trust as a team of advocates, identified how to work effectively together using the skills of each individual and built a positive force for change.*



# Fees

We have many different packages to suit the needs of your organisation. Please get in contact if you would like to discuss alternative times and prices.

## ONLINE TRAINING

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1 hour session	£100
1 ½ hour session	£140
2 hour session	£160
5 x 1 hour sessions	£450
5 x 1 ½ hour sessions	£650
5 x 2 hour sessions	£750
10 x 1 hour sessions	£900
10 x 1 ½ hour sessions	£1260
10 x 2 hour sessions	£1450

## IN PERSON TRAINING

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Please get in contact for a quote for booking Half Days, Full Days and multiple sessions.

Please note, we are based in London and the South East.

Any in person workshop delivered outside of these areas will incur additional costs to cover travel expenses.



# Get in Contact!

To book a workshop:

Visit our website and fill in the booking form

[www.notacareintheworld.co.uk/booking-form](http://www.notacareintheworld.co.uk/booking-form)

OR

Email us at

[hello@notacareintheworld.co.uk](mailto:hello@notacareintheworld.co.uk)

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[www.twitter.com/notacareworld](http://www.twitter.com/notacareworld)



*Thank you both so much for the session. It has been really helpful in that it reiterated the same message I am giving to carers, carers are not aware and as someone said information is power or at least empowerment.*



*Thank you, I just wanted to say how amazing I thought this was. So lovely to see so many carers taking part and accessing this. Do hope this becomes a regular event for carers.*



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