

Person Centred Approaches and Life Building

6 Day Training Course 2010



academy
for inspiring inclusion



October 11 & 12 | November 9 & 10 | December 2 & 3

An introduction to person centred planning. This course includes an overview of the values, skills required, approaches and tools that can be used with individuals to create fluid, colourful and truly original plans. This six day course is set over two months giving ample time to practise the skills and reflect on learning.

What does the course cover?

Day 1 - The Ethos of Person Centred Approaches

Day 2 - Circles of Support and Facilitation

Day 3 - Graphics and PATH

Day 4 - MAPS and Life Building

Day 5 - Portfolios

Day 6 - Essential Lifestyle Planning

Further Details Overleaf

Contact

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What will I gain?

- ★ A tool box full of ideas, methods and fun that will enable you to work in a person centred way and to improve the lives of those you work with.
- ★ A network of people who work in a similar field that you can then bounce off ideas, or simply just talk things through.
- ★ The confidence to never be short of an idea or tool to help you work with an individual.
- ★ 9 colourful work books that contain information, tools and stories of success.



Course Details

Day 01

The Ethos of Person Centred Approaches

- ★ Social Inclusion, historical challenges and ways forward.
- ★ New ways of thinking.
- ★ Introduction to the tools.
- ★ Values and beliefs.

Day 02

Circles of Support & Facilitation

- ★ An introduction to Circles of Support & Stories of change.
- ★ Different learning styles.
- ★ Solution Circles.
- ★ Group facilitation, invitation and preparation.

Day 03

Graphics & PATH

- ★ Using graphics, colour and sound.
- ★ Individualising your approach.
- ★ An implementation plan.
- ★ PATH - Planning Alternative Tomorrows with Hope - framework.

Day 04

MAPS & Life Building

- ★ The history and application of MAPS.
- ★ Details and practical exercises.
- ★ Personal Futures Planning/ Life Building.
- ★ Skill development in facilitation and involvement.

Day 05

Portfolios

- ★ Personal portfolios in various shapes and forms.
- ★ Past, present and future.
- ★ Video and discussion.
- ★ Learning, reflecting and planning.

Day 06

Essential Lifestyle Planning

- ★ The roots of Essential Lifestyle Planning.
- ★ Rhythms and routines.
- ★ Non-negotiables and how they can be planned for.
- ★ Creating a life that makes sense.

Our person centred approach

The process of person centred planning is alive and active, always ensuring the focus person is central and in control. It is flexible, setting no limits to the person's wants, needs and dreams for their life. We take this process into our training. Not only were we one of the first organisations to bring over the ideas of circles of support and person centred approaches into the UK in 1994, but our work still evolves today. One of the most common feedbacks we get is that our training is fresh and current as we are still working with thousands of individuals across the UK; so we practice what we preach.



Circles Network
building inclusive communities

Cost £450 per person **Venue** South East

We run training events all year round so check our website regularly for details or contact us on 01788 816671 for further information.