

Information Day

Target Audience

- Personal Advisers
- Relevant IYSS Staff

13th November 2008 at Friends House

Sessions will include:

- **Working with Parents & Carers**
- **Eating Disorders & Young People**
- **Coaching & Young People**

The information day is structured so that you can get the most out of the day, you will be able to choose from 2 of the above sessions. The learning outcomes from the sessions are outlined below, simply register onto the course and we will contact you to discuss your session choices.

Working with Parents & Carers

- To explore key issues, including benefits, limitations and risks, in working with parents and carers in support of young people
- To explore how to keep young people's needs central while building rapport with parents and carers
- To identify potential conflict and/or challenge situations, in working with parents and carers and techniques for addressing them
- To explore boundaries management in working with parents and carers including when to withdraw and/or refer to other services
- To increase confidence in working with parents and carers

Eating Disorders & Young People

- To explore the underlying causes of eating disorders in relation to mental health and emotional well-being
- To identify signs, symptoms and patterns of behaviour in young people affected
- To explore tools and techniques for offering help and support to young people with eating disorder
- To explore boundaries management in working with young people with eating disorders including when to refer to other service

Coaching & Young People

- To define and increase understanding of what coaching is
- To explore the core activities involved in good coaching
- To develop knowledge of a key framework for coaching and how this might be applied in working with young people
- To practice some coaching tools and techniques and receive feedback on coaching skills