

Safe & Sound

Communication and Personal Safety Skills Workshop
for Countryside, Heritage and Recreation Sectors

On-line or in-person training



Turning Moment

Conflict Resolution Services and Skills Training



Safe & Sound

Safe & Sound is a workshop designed for staff and volunteers who work in the countryside, heritage or recreation sectors. Through interactive sessions, we explore the skills and knowledge that will enable participants to confidently handle people who may be new to the countryside or are being awkward, angry or aggressive.

We will explore how to recognise situations where participants may be at risk and how to successfully de-escalate the situation.

To ensure the workshop is relevant, we use bespoke case studies, which are developed in discussion with you and cater for your organisation's specific needs.

The *Safe & Sound* workshop will:

- ◆ Set-out organisational expectations regarding personal safety
- ◆ Cover basic skills and knowledge to recognise, minimise and avoid the risks posed by potentially harmful situations and behaviour
- ◆ Give guidance and tips for how to prevent escalation
- ◆ Create opportunities for participants to share knowledge and experience
- ◆ Help participants to feel more confident in their decision making and actions
- ◆ Focus on building resilience and supporting participants' mental well-being

Workshop practicalities:

- ◆ Half day on-line workshop for up to 12 people delivered in two 2-hour sessions
- ◆ Available via Zoom, Webex, or Teams
- ◆ Full day in-person workshop for up to 16 people
- ◆ Consultation with your commissioning officer to ensure the training meets your organisation's specific needs

Contact us today to help keep your team safe!

Email: info@turningmoment.co.uk

www.turningmoment.co.uk