



# My Unique Adult REFRESH Training sessions are coming back Again for Summer 2023!

(Maximum of only 10 adults per session)

## What are REFRESH adult sessions all about?

Would you like to become a more confident & effective co-regulator of other's needs?

- In a world where being busy is worn as a badge of honour & burnout rates are rising every year, we are told that to continue to help co-regulate others needs, we first need to fill up our own cup & take time out for ourselves, but how on earth do we do this & where do we start?

**R**elax

**E**mpower knowledge & skills

**F**riendship

**R**eflect

**E**motional Regulation

**S**elf-regulation of all 8 senses

**H**ammocks & Grounding strategies.



- While co-regulation strategies are proven to be the most effective methods to support others needs, the truth is that co-regulating others emotional, sensory, communication & behaviour needs, as well as providing for their other physical needs 24/7 is exhausting!
- Following neuroscience research & theory, as well as practical experience as an experienced SEN teacher & fellow neurodiverse learner, I have designed REFRESH to empower us as busy adults to reduce our burn out rates & take crucial but positive & productive time out for ourselves in nature to feel more refreshed and empowered to deal with life's many daily trials. The nature in our private woodland has always been my best healer & self-regulator so I wanted to provide adult sessions to share this magical space with others.
- Each 2-hour session provides time in our private woodland setting to gradually explore all aspects of REFRESH.  
Included in Price= woodland snack or breakfast (Time dependant), free-flowing hot drinks, woodland craft, chilling in the woods on a hammock & some time to enhance your knowledge of neuroscience theory based approaches & sensory & emotional self-regulation theory while also prioritising time out for ourselves as busy adults.
- **Normal price= £30 each for 2 hour session (paid via bank transfer)**
- **To Book email [judithriddell@empoweringlittleminds.co.uk](mailto:judithriddell@empoweringlittleminds.co.uk)**

Each REFRESH session looks at different neuroscience theory or SEN strategies to help build up your own self-regulation resource knowledge, building your understanding & confidence for empowering sensory/emotional little learners. Co-regulation is only possible & effective when as adults we feel confident & 'REFRESHed' to share our calm.

## Neuroscience Theory Adult Training Series =

Week 1 = Saturday 27<sup>th</sup> May @ 10.00am-12.00pm & 2.00-4.00pm

INTRODUCTORY ½ PRICE OFFER TO CELEBRATE OUR 5<sup>TH</sup> BIRTHDAY =  
ONLY £15 EACH SESSION (NORMALLY £30 EACH)

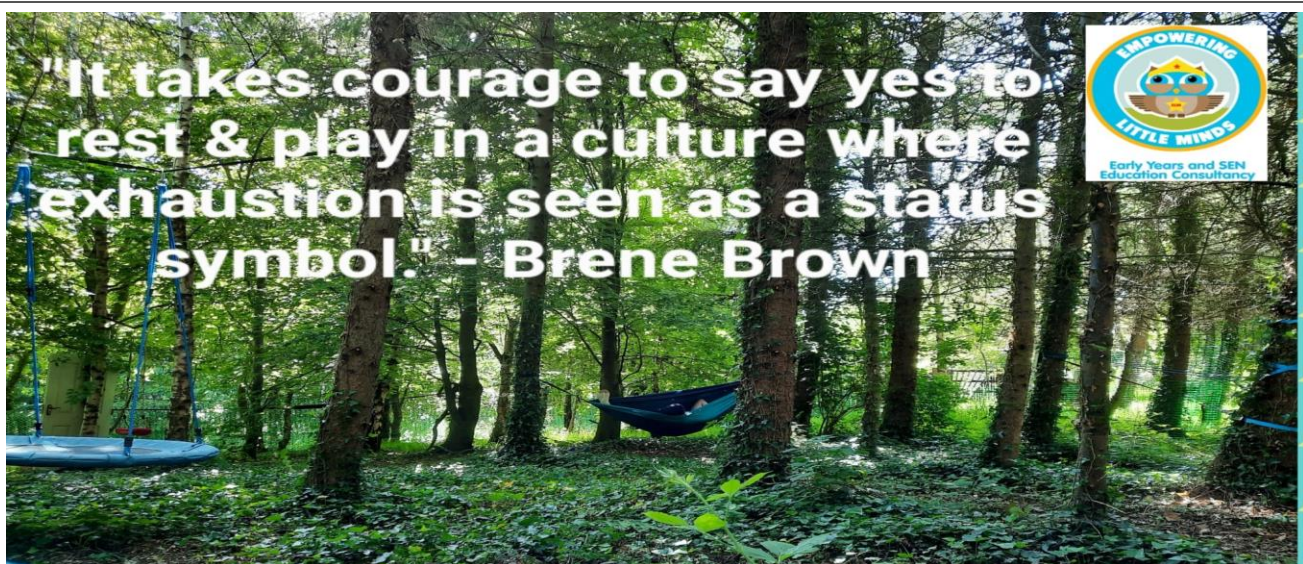
1. Saturday 27<sup>th</sup> May @ 10.00am-12.00pm: Only £15

“An Introduction to sensory & emotional regulation needs & co-regulation  
-Looking at definitions for sensory & emotional regulation.

2. Saturday 27<sup>th</sup> May @ 2.00-4.00pm: Only £15

“An Introduction to visual communication strategies to support those  
with ASD, sensory/emotional regulation needs, non-speaking/non-verbal  
communication needs, sensory needs & challenging behaviour.”

Price= SPECIAL ½ PRICE OFFER TO CELEBRATE OUR 5<sup>TH</sup> BIRTHDAY= ONLY £15 EACH SESSION  
(Normally £30 each) Included= woodland snack or Breakfast (depending on time),  
tea/coffee, training handouts, practical workshop style, craft (making a woodland craft), self-  
reflection time on a hammocks in the private woodland.



Each REFRESH session looks at different neuroscience theory or SEN strategies to help build up your own self-regulation resource knowledge, building your understanding & confidence for empowering sensory/emotional little learners. Co-regulation is only possible & effective when as adults we feel confident & REFRESHed to share our calm.

Neuroscience Theory Adult training series =

**Week 2 = Saturday 10<sup>th</sup> June @ 10.00am-12.00pm & 2.00-4.00pm**

**ONLY £30 each session**

**3. Saturday 17<sup>th</sup> June @ 10.00am-12.00pm: only £30**

“An Introduction to setting up sensory/messy play for a variety of ages.”  
-Highlighting the importance of learning to regulate sensory/emotional needs through practical life skills & play.”

**4. Saturday 17<sup>th</sup> June @ 2.00-4.00pm: only £30**

“An Introduction to analysing & supporting challenging behaviour to empower effective sensory/emotional self-regulation in little learners.  
-Highlighting practical behaviour support strategies to support those with ASD, sensory/emotional regulation needs, non-speaking/non-verbal communication needs & challenging behaviour.”

Price= Only £30 Each Session    Included= woodland snack or Breakfast (Depending on time), tea/coffee, training handouts, practical workshop style, craft (making a woodland craft), self-reflection time on a hammocks in the private woodland.

