



IN PARTNERSHIP
WITH



Present a CPD event on



Trauma Informed Physical Activity and Coaching

Why attend?

Even though the importance of sport and physical activity in improving mental health and resilience is well documented, it can be a challenge to include the most vulnerable children and young people, particularly those who have experienced early trauma and/or neglect. This could be due to their struggle to manage within team games or apparent inability to settle and return to learning, after a game of football at lunchtime.

Using a trauma informed approach can improve inclusion, success, self-esteem and behaviour. For many, the impact of early adversity is held and stored in their body, structured sport and physical activity can help process this impact and build success.

Join us for an active and engaging day that can really make a difference.

Who should attend?

We welcome Teachers and Leaders, PE Leads, Coaches, Community Sports Leaders, Mentors & Youth Workers.

'ACCESS TO A TRUSTED ADULT RELATIONSHIP AND REGULAR SPORTS PARTICIPATION ARE THE TWO KEY RESILIENCE-BUILDING FACTORS FOR CHILDREN & YOUNG PEOPLE WHO HAVE SUFFERED EARLY PSYCHOLOGICAL TRAUMA'

TRAUMA INFORMED WALES

Teachers and coaches are uniquely positioned to provide these opportunities.

**AS
DELIVERED
TO THE**



Premier League

**Kicks
Inspires
PROGRAMMES**



QUALIFI

Receive a
nationally
recognised
endorsed
certificate in
Trauma
Skilled
Practice

COME PREPARED TO GET ACTIVE WITH US!

Pre-course eLearning: (included in attendance fee)

This highly interactive, audio-narrated, short course is eLearning at its best. Invest 90 minutes in this programme before joining the activity day and you will come armed with an excellent foundational knowledge of psychological trauma types, effects and how to grow resilience in children & young people in order to heal psychological trauma.

AGENDA

AM

09:15 – REGISTRATION

- IDENTIFYING NEED
- EVIDENCE & BEST PRACTICE
- MODELS FOR APPROACH

12:30 – 13:00 LUNCH

AGENDA

PM

- PRACTICAL STRATEGIES FOR IMPLEMENTING A TRAUMA INFORMED APPROACH
- PLENARY AND PANEL

16:00 – FINISH

"THOROUGHLY ENJOYED LEARNING ABOUT THEORY & SCIENCE (BRAIN) OF WHY CHILDREN ACT IN THE WAY THEY DO. VERY THOROUGH, LOTS OF PRACTICAL & GROUP TASKS WHICH HELPED FACILITATE A BETTER UNDERSTANDING. CAN TAKE A LOT OF ACTIVITIES & ESPECIALLY THE 'CCC' APPROACH BACK TO MY OWN WORK". SAINTS FOUNDATION SOUTHAMPTON FC

"THIS COURSE GIVES YOU THE TOOLS TO USE STRAIGHT AWAY AND UNDERPINS THESE WITH THEORETICAL METHODS AND REAL-WORLD EXAMPLES". CHARLTON ATHLETIC COMMUNITY TRUST

WHO SAID WHAT

"THIS COURSE MASSIVELY UP-SKILLS AND DEVELOPS YOUR KNOWLEDGE". - MIDDLESBROUGH FC FOUNDATION

"I THINK EVERY PROFESSIONAL WORKING WITH KIDS SHOULD LEARN ABOUT TRAUMA INFORMED PRACTICE. REALLY INTERESTING & ENGAGING. GREAT LEVEL OF CLASSROOM – BASED TO DYNAMIC ACTIVITIES. I LIKE CONTEXTUALISING; A LOT OF COURSES MISS OUT ON THAT STEP LEAVING YOU FEELING LESS CONFIDENT TO USE MATERIAL/KNOWLEDGE". BURNLEY FC

WHEN: JULY 10TH 2025
9:00 TO 16:00

WHERE: CLC HEALTH & FITNESS CENTRE,
CHELTENHAM GL50 2NX

COST:



TO BOOK YOUR PLACE CLICK HERE

Email enquiries to hello@tagtrauma.com

Call Patrick on 0747 2577 959



MOVE MORE
EVERY CHILD THRIVES



**Trauma
Action
Group**