



'Managing Challenging Behaviour'

Promoting Positive Change

Cost effective **Face to Face bespoke training and E-learning**

Increase your understanding as to why people behave as they do
Gain new skills to promote positive change in yourself and others

The Training will:

- Teach you to master the tough 'soft' skills that promote change
- Increase your personal confidence in dealing with challenging behaviour
- Teach you to value yourself and empower others to do the same
- Enable others to increase their potential for even greater change

Previous Clients:-

LSC South West
Plymouth City Council
Devon County Council
SWitch CETT
Productive Skills for Devon
Enterprise Plymouth
Careers South West Ltd



Learn to:

- Identify the components of 'beliefs' and how they affect our development and behaviour
- Understand the difference between shame and guilt, recognise how each affect behaviour
- Improve your communication skills to promote rapport and positive behaviour
- Understand the importance of boundaries in the development of relationships
- Learn new theories and strategies that reduce personal stress and inform your practice



Find out more and read what others say about the training

Visit us at www.lifechangeuk.com

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