

## **The Decider Life Skills**

### One Day Workshops

For Childrens' Services staff and carers

From June – December 2015

In 2015, Michelle Ayres and Carol Vivyan, Cognitive Behavioural Psychotherapists, were commissioned to deliver a series of one day workshops to professionals working with children, young people and families. The aim was to increase confidence in working with mental health and to develop the common language of The Decider Life Skills across services.

110 people who work with children, young people and their families and carers attended 8 one day workshops. The attendees were from a range of professional backgrounds.

Attendees were given a 14 item questionnaire at the start and end of each 1 day workshop. In summary, the questionnaire asked "how confident are you that you could memorably and clearly teach a client how to..."

The pre and post workshop questionnaires evidenced a clear increase from 46% to 78% confidence in teaching the skills and working with mental health (see tables at end).

### **Feedback**

The attendees were also invited to provide written feedback on the workshop. Direct quotes:

- *Brilliant course for intervention with families, I can really see how this will be effective for so many of the families we are working with*
- *Fun, thought provoking session.*
- *A great day – great fun + very useful*
- *Very well presented and hearing personal stories helped a lot. Like how visual it is*
- *Thank you – it was excellent and informative. I will make sure the rest of my team are trained!*
- *A multi-sensory experience that I won't forget*
- *Absolutely superb – thank you. How privileged I feel to have been trained by exceptional practitioners – highly skilled and knowledgeable. Definitely enhance my practice. Thank you*
- *A really really good day; conveying very important skills and how to teach them in a supportive informative skilful and fun way.*

- *Fantastic day – I've never had so much fun in a training day (unlike some others!) It will stick with me and I will remember it! I will definitely pass this on and ask foster carers to attend – It will be great for them.*
- *This course is one of the best I have ever been on. This will help many children and young people and families (excellent instructors)*
- *Would help to have a refresher/reflection day in the future. The trainers had a good sense of humour and made a fun entertaining day.*
- *I feel it would have been helpful for the course to be longer and involve more practise so us practicing the skills with each other and with scenarios.*
- *I felt the Decider Skills delivery was excellent, it brought the subject to life and made it very real, enabling to use with clients.*
- *The presentation & whole course was extremely useful. Michelle & Carol really care about the subject which brings the whole course to life and enthuses the students.*
- *Enjoyed this training! Loved the interaction & fun you made 😊 Perhaps some of the slides could be bigger e.g. poster of decider skills.*
- *Very memorable demonstrations! Nice to be laughing in training. I can see how to use the skills in myself and my client group.*
- *Very informative and practical.*
- *Great fun course, brilliantly presented. Liked the use of music.*
- *Great training for work and personal life*
- *Great day thanks – I'm hoping we can use this at the family centre.*
- *This has been interesting and enlightening.*
- *Very interesting to be in a training session that is actually practical/gives useful tools for direct work. Really well done.*
- *This has been an excellent course. The best I have been in. Thank you so much.*
- *Excellent course – should be delivered to everyone working in education and to young people themselves – not just when come in when already a problem.*
- *Very useful skills training for both clinical work and personal life.*
- *Excellent training course, extremely interesting and interactive. Very useable and applicable to everyday life.*
- *Excellent interactive course, very well delivered.*
- *I can't say I'm confident until I have tried to action them.*
- *Thank you for a very entertaining day!!*
- *Please note this probably reflects my confidence as I have not yet tried to implement these skills, Course content + delivery was excellent.*
- *Would be good for us in schools. Especially to teach against the comment "Oh he/she is just attention seeking".*
- *I really enjoyed the whole day thank you so much for these core skills.*
- *Fantastic course – I can now speak the same language as my clients.*

## Pre and Post Workshop Questionnaire

<b>How confident are you that you could <i>memorably and clearly</i> teach a student how to:</b>	Not at all confident	A little confident	Quite confident	Very confident	Extremely confident
Recognise the physical symptoms of emotion in their body?	0	1	2	3	4
Describe the effects of adrenaline on their body?	0	1	2	3	4
How not to react impulsively?	0	1	2	3	4
Manage their emotion?	0	1	2	3	4
Calm themselves when highly emotional?	0	1	2	3	4
Recognise when they are working against their values and life direction?	0	1	2	3	4
Know the difference between Fact and Opinion?	0	1	2	3	4
Look after their own physical health needs?	0	1	2	3	4
Recognise and name their emotions?	0	1	2	3	4
How to choose to do the opposite action?	0	1	2	3	4
Develop good listening skills?	0	1	2	3	4
Show respect for themselves, others and their environment?	0	1	2	3	4
Reflect on past mistakes and make positive changes	0	1	2	3	4
Be assertive and make themselves heard?	0	1	2	3	4

## Questionnaire Results

	<b>Workshop Date</b>	<b>Number of Attendees</b>	<b>Pre Score Total participants</b>	<b>Post Score Total participants</b>
1	23 June 2015	6	140	236
2	14 July 2015	6	156	262
3	28 July 2015	14	317	547
4	22 Sept 2015	14	388	598
5	6 Oct 2015	17	489	838
6	13 Oct 2015	13	349	602
7	10 Nov 2015	16	434	668
8	1 Dec 2015	24	567	1055
	<b>TOTAL</b>	<b>110</b>	<b>2840</b>	<b>4806</b>