



**WOKINGHAM
BOROUGH COUNCIL**



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Health Education England

Covid-19, Trauma and Resilience Webinar, Guided Reflection and Q&A Sessions

Learn how COVID-19 may have impacted on you, your workforce, communities and support services and improve knowledge and understanding of Trauma Informed Practices. Health Education England, Thames Valley and its partners would like to invite you to attend the following webinar, guided reflection and Q and A sessions.

Participants attending will have the opportunity to:

- Develop an understanding of how trauma and COVID-19 can impact on people, communities, colleagues and staff
- Be able to identify the principles and practice of a trauma informed approach
- Reflect on how a trauma informed approach can support people, communities, colleagues and staff during COVID-19
- Consider how to apply knowledge and increased awareness to your own role, staff, services, and organisation
- Identify actions and techniques that can support and build resilience in people, communities, colleagues, staff and yourself

The webinar will cover the following:

- What we know about trauma pre COVID-19
- What do we mean by a trauma informed approach?
- Impact of COVID-19 on individuals and communities
- Implementing the principles and practice of a trauma informed approach
- Developing resilience in people, communities, colleagues and your staff during COVID-19

The Guided Reflection and Q and A sessions will provide participants the opportunity to:

- Share learning including best practice and any complexities or difficulties
- Stimulate thinking and discussion across agencies and areas
- Discuss the implementation of tools and techniques
- Provide an opportunity for people to connect and come together whilst working from home

ROCK POOL hope • resilience • recovery

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Rock Pool are a Community Interest Company that provides industry-leading training and consultancy services for organisations that support people who have been affected by trauma



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How to book and attend the webinar?

- Register for Guided Reflection and Q&A session (if the session you chose is full, you can choose to be added to the waiting list. Do try other sessions for availability)
- A pre course questionnaire and pre-read information will be emailed to you
- On completion of the questionnaire, you will be sent a YouTube link for the pre recorded webinar to watch at your convenience
- Read the pre-read information and watch the webinar
- Attend the Guided Reflection and Q&A session

Please follow one of the links below to register on a Guided Reflection and Q&A Session

1 June	10am	https://rockpoollife.arlo.co/register?sgid=2ecbf7c615154e6c8aeceaacf3bfce3b
1 June	11.30am	https://rockpoollife.arlo.co/register?sgid=9d8b46ab5ba345068b0bc5ff7c67261f
1 June	1pm	https://rockpoollife.arlo.co/register?sgid=ba07b972081e402da3a8303e05cf5260
1 June	2.30pm	https://rockpoollife.arlo.co/register?sgid=60699042542542f2902bb2a725008862
7 June	10am	https://rockpoollife.arlo.co/register?sgid=9054e73b7d5d454d997fbe4c724cc2d0
7 June	11.30am	https://rockpoollife.arlo.co/register?sgid=4e5a1daf4e5e4d05b24c662484bdd3f7
7 June	1pm	https://rockpoollife.arlo.co/register?sgid=46404097328b4687893dd2df85d42e27
7 June	2.30pm	https://rockpoollife.arlo.co/register?sgid=c2c6a4c7b92c415bb75139686384414e
8 June	10am	https://rockpoollife.arlo.co/register?sgid=f29713fbc19c448298a8e5ad33907ca0
8 June	11.30am	https://rockpoollife.arlo.co/register?sgid=273004deb00e4a0eb7b4bb3391ccb95b
8 June	1pm	https://rockpoollife.arlo.co/register?sgid=6c318c734f744279b3fbae2035082a6f
8 June	2.30pm	https://rockpoollife.arlo.co/register?sgid=bf0068f07c443c591401d6b8092e53e
18 June	10am	https://rockpoollife.arlo.co/register?sgid=3cf3a287f73c4fe894af6a1497841542
18 June	11.30am	https://rockpoollife.arlo.co/register?sgid=70246fb2e6ac426087c8877c5211dbb8
18 June	1pm	https://rockpoollife.arlo.co/register?sgid=1ab36538f47441ddb7dff2eb549dc1db
18 June	2.30pm	https://rockpoollife.arlo.co/register?sgid=057832ff7e5d4702a1d37e8875f12bbf
21 June	10am	https://rockpoollife.arlo.co/register?sgid=f3be0f7577cf453a81d25840422d0e0e
21 June	11.30am	https://rockpoollife.arlo.co/register?sgid=b8d3412fbaab463698572f4711828bb3
21 June	2.30pm	https://rockpoollife.arlo.co/register?sgid=5b35536ecb1a49848e424d59796c7907

PLACES ARE LIMITED PLEASE BOOK ASAP

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