

# *a mighty flame follows a tiny spark*

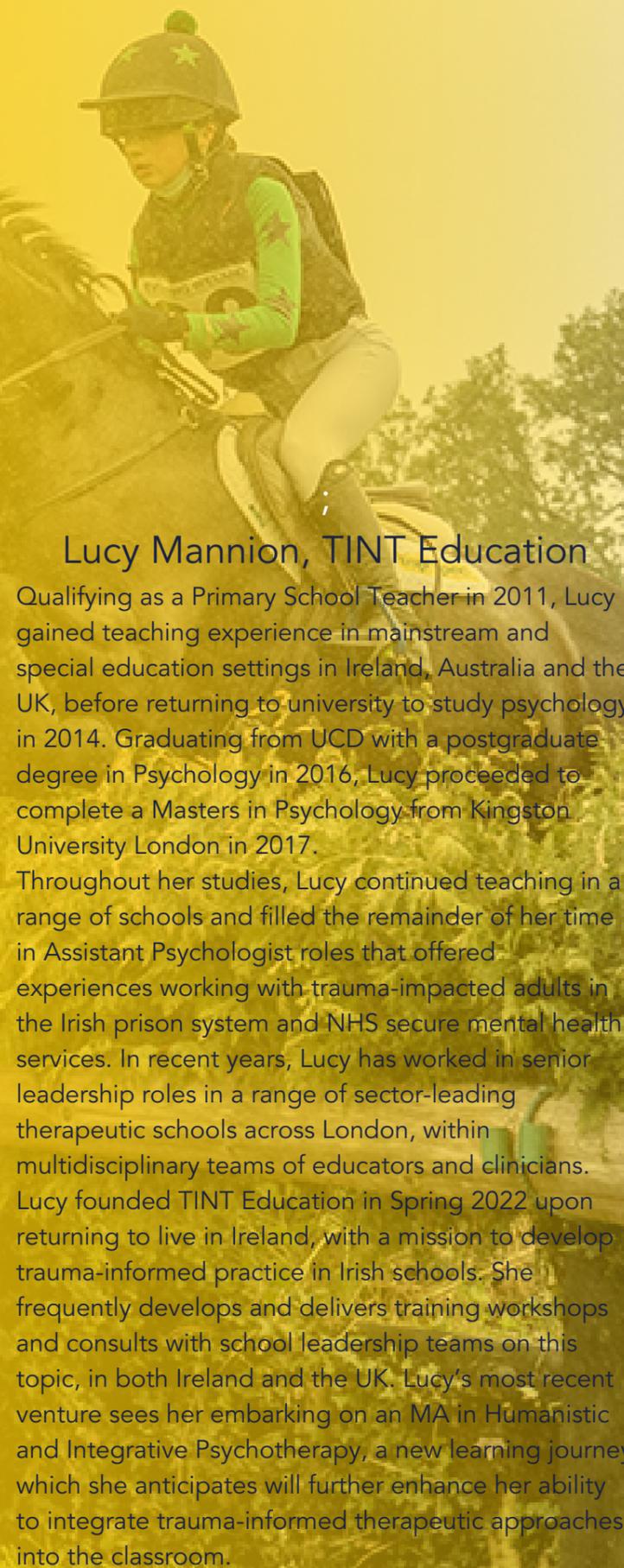
Our Experts;

**Dr Susan Gibney, Nurturing Schools  
Ireland**

Susan is currently Director of Nurturing Schools Ireland and develops, co-ordinates and facilitates continuous professional development in nurture practice and nurture & wellbeing programmes across Ireland.

In her former role as Director of Blackrock Education Centre, she was instrumental in introducing nurture practice to primary and post primary schools, principals, teachers, SNAs and other educators all over Ireland. Previous to that, Susan was Principal Teacher of Queen of Angels PS, Sandyford, Dublin. As principal of this designated disadvantaged school, she looked for an intervention that would make a difference, helping all children to gain the maximum benefit from their school lives. Thus began her interest in, and her passion for, nurture practice and nurturing interventions.

She has also worked with Maynooth University and UL&UCD on Postgraduate Diplomas in School Leadership and has supervised Master's theses for UCD. Susan is currently a mentor and associate facilitator for the Centre for School Leadership. Another passion of Susan's is parental involvement in their children's education, the subject of her PhD.



## Lucy Mannion, TINT Education

Qualifying as a Primary School Teacher in 2011, Lucy gained teaching experience in mainstream and special education settings in Ireland, Australia and the UK, before returning to university to study psychology in 2014. Graduating from UCD with a postgraduate degree in Psychology in 2016, Lucy proceeded to complete a Masters in Psychology from Kingston University London in 2017.

Throughout her studies, Lucy continued teaching in a range of schools and filled the remainder of her time in Assistant Psychologist roles that offered experiences working with trauma-impacted adults in the Irish prison system and NHS secure mental health services. In recent years, Lucy has worked in senior leadership roles in a range of sector-leading therapeutic schools across London, within multidisciplinary teams of educators and clinicians. Lucy founded TINT Education in Spring 2022 upon returning to live in Ireland, with a mission to develop trauma-informed practice in Irish schools. She frequently develops and delivers training workshops and consults with school leadership teams on this topic, in both Ireland and the UK. Lucy's most recent venture sees her embarking on an MA in Humanistic and Integrative Psychotherapy, a new learning journey which she anticipates will further enhance her ability to integrate trauma-informed therapeutic approaches into the classroom.

**tiggystrust.com**



Nurturing  
Schools  
Ireland



## TIGGY'S TRUST

*A Mighty Flame follows a Tiny Spark*

### Nurturing the Wellbeing of our Children and Young People

Strategies for Coping with Stress and Building Resilience  
CPD Points available

Saturday 25th February 2023

9.30am – 3.00pm

Kildare Education Centre,  
Friary Road, Kildare Town, Co Kildare,  
R51 KN66

This one-day course will explore how a nurturing approach can promote wellbeing and mental health. It will:

- Describe the links between relational health, attachment and resilience
- Explain how stress impacts brain, body and behaviour
- Recognise the importance of co-regulation in supporting wellbeing and resilience
- Identify and describe 'bottom up' strategies for responding to distress in children and young people
- Identify and describe top-down strategies for supporting children and young people to manage strong emotions or stress.



Participants will also be enabled to increase their knowledge and develop skills relating to three different

nurturing and trauma-informed approaches:

- Emotion Coaching
- Cognitive-Behavioural approach
- Solution-Focussed approach



### Module 1 Learning Outcomes

- Explain how a nurturing approach can promote wellbeing and mental health
- Describe the links between relational health, attachment and resilience
- Explain how stress impacts brain, body and behaviour
- Recognise the importance of co-regulation in supporting wellbeing and resilience
- Identify and describe 'bottom-up' strategies for responding to distress in children and young people

### Module 1 Part 1 Outline

- Factors influencing mental health and wellbeing
- What is a nurturing approach and why should we use it?
- Behaviour as a form of communication
- Understanding how the stress-response system operates
- Recognising stress-responses in children and young people

### Module 1 Part 2 Outline

- Understanding how the brain copes with stress
- Strategies for supporting children and young people: bottom-up approaches
- Recognising practices that induce, rather than reduce, stress
- Reframing how we think about behaviour

### Module 2 Learning Outcomes

- Identify and describe top-down strategies for supporting children and young people to manage strong emotions or stress.
- Acquire basic knowledge and skills relating to three different approaches:
  - Emotion Coaching
  - Cognitive-Behavioural approach
  - Solution-Focussed approach

### Module 2 Part 1 Outline

- What is a top-down approach?
- What is Emotion Coaching and why should we use it?
- Adults' different styles in responding to emotions
- The 4 Steps of Emotion Coaching
- Emotion Coaching scripted role-plays

### Module 2 Part 2 Outline

- What is a cognitive-behavioural approach?
- Recognising cognitive distortions (thinking traps)
- How to use a cognitive-behavioural approach
- What is a solution-focussed approach?
- How to have solution-focussed conversations