# Safe And Sound

Communication and Personal Safety Skills Workshop for Countryside, Heritage and Recreation Sectors

## **On-Line Training**



## **Turning Moment**

Conflict Resolution Services and Skills Training



## Safe And Sound

Safe and Sound is a half day on-line workshop designed for staff and volunteers who work in the countryside, heritage or recreation sectors. Through an interactive on-line workshop, we explore the skills and knowledge that will enable participants to confidently handle people who may be new to the countryside or are being awkward, angry or aggressive.

We will explore how to recognise situations where participants may be at risk and how to successfully de-escalate the situation.

To ensure the workshop is relevant, we use bespoke case studies, which are developed in discussion with you and cater for your organisation's specific needs.

#### The *Safe and Sound* workshop will:

- Set-out organisational expectations regarding personal safety
- Cover basic skills and knowledge to recognise, minimise and avoid the risks posed by potentially harmful situations and behaviour
- Give guidance and tips for how to prevent escalation
- Create opportunities for participants to share knowledge and experience
- Help participants to feel more confident in their decision making and actions

#### Workshop practicalities:

- Half day workshops for up to 15 people
- Delivered in two 2-hour on-line sessions with a one hour break
- Available via Zoom, Webex, or Teams
- Consultation with your commissioning officer to ensure the training meets your organisation's specific needs

### Contact us today to help keep your team safe!

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