



*Orenda means the power in people to create change in themselves and the world*

# HOW ELSE CAN WE HELP YOU?

Orenda pride ourselves on co-producing courses with people with lived experience wherever possible

## Emotional Intelligence

A 2 day training course covering:

- What Emotional Intelligence is & its impact on performance
- How our inner mental world impacts on feelings, behaviour and relationships
- How thinking evolves into patterns of interaction with our self and others
- Coming to consciousness about our own emotional and social intelligence
- Understanding how to develop new ways of thinking, behaving and interacting
- How to use knowledge of emotions to drive personal and team development

Self awareness    Self regulation    Motivation  
Social Skills    Empathy (connection)

## Working with Families

Delivered either as a one-day course or as an intervention:

- Takes the principles & learning from building strong teams, emotional intelligence and values and combines them to take a new look at relationships with families
- Understanding the joint and collective purpose of circles
- Building awareness of common (faulty) group dynamics that affect the relationships between professionals and families
- Building a charter and worker commitment to meeting families where they are, seeing the world from their perspective and working to joint outcomes

## Leadership

Drawn from a 14 day national programme elements include:

- Transformational leadership
- Values & the current social policy and economic context • Leading so others will follow
- Leadership for change, change activism
- Working with a strengths focus & maximising your impact
- Working through others, leading teams and influencing
- Building social capital
- Leadership “technology”

## Buddying

A programme of training and learning (includes 2 day initial training) designed to:

- Reduce staff’s feelings of isolation (particularly those who lone work)
- Increase staff’s sense of belonging & engagement
- Improve relationships, self understanding & understanding of others
- Encourage teams to support each other in covering sickness, vacancies, team meetings etc.
- Have fun!



## Learn to think and act with clarity and confidence

- The ability to carve thinking space into the most frenetic operating contexts
- The ability to treat yourself and others with kindness no matter how hard the decisions and actions we have to take
- A greater willingness to face your own and others thinking biases with courage, confidence and honesty
- Clearer insight into what is in your control
- Great resilience, focus and self confidence

# Don't see what you're looking for?



Call Judith on 07980 297819  
and we'll draw from our experienced team to put a proposal together for you.

## Conflict Management

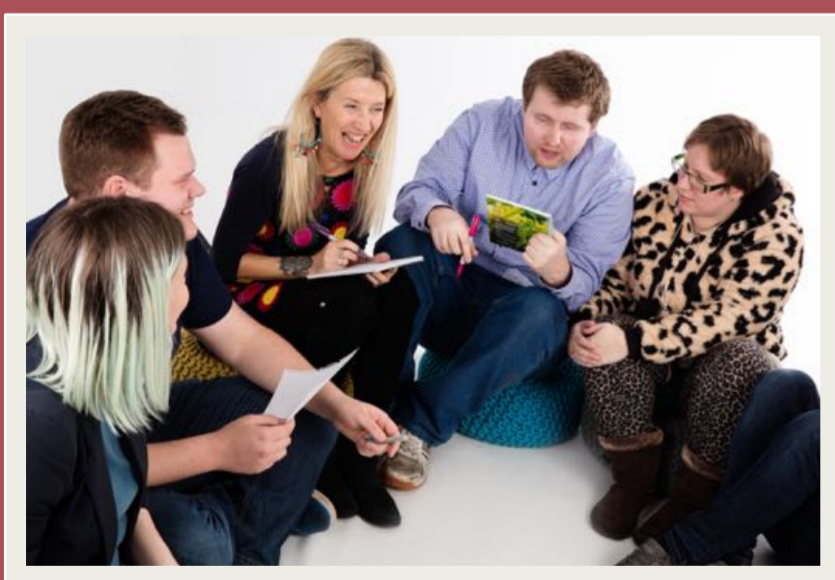
### One day training that covers:

- Understanding what conflict is
- Understanding our fear and discomfort
- Exploring 5 paths to resolution & their effectiveness
- Practicing the skills to resolve conflict constructively
- Practicing difficult conversations
- Creating a personal development plan

## Confidence and Assertiveness

### One day training that covers:

- Understanding our default thinking habits
- Understanding what self-confidence and assertiveness are and how to grow it
- Creating a plan to improve self confidence
- Practicing working with confidence and presenting yourself assertively



## Get in contact



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