

# Mindset

Mindset is an online training course and resource designed to equip leaders to help young people feel more resilient and cope with what life throws at them.

Mindset is open to anyone who works with children and young people, whatever the context; whether that is mentoring children in a school environment, being with young people as part of the Salvation Army's Street Based Youth Work, or part of family hubs, day centres or family services.

Resilience enables us to deal with the emotions a new situation may cause, and helps us bounce back from difficulties we might encounter. Being resilient is an emotional skill we can develop and build (and gets stronger with practice), and Mindset will provide tangible knowledge and resources to help leaders build young people's ability to cope with life's up and downs.



More Info:



To register:



Children  
& Youth

Addictions

Homelessness  
Services

Everyone who attends the short or enhanced courses will receive a Resilience Toolkit for ages 7-11yrs, and a Resilience Toolkit for ages 12-16yrs.

**Mindset Short Course:**

7 1/2 hours learning.

**Mindset Enhanced Course:**

18 hours learning.

**Mindset Digital Rewiring standalone:**

2 1/2 hour learning.



## The training topics include:



### **Emotional Regulation**

The need to regulate ourselves before we can connect and be able to help others.



### **ACEs & Trauma Awareness**

What Adverse Childhood experiences are; what trauma is and the impact they both can have on children and young people.



### **Attachment & Relationships**

The importance of the first 1,000 days of a child's life and the impact of a child who experiences poor attachment.



### **Care Giving and Healthy Care Seeking**

Understanding the differences and the risk of turning the need to care for young people into our own personal need to be wanted and our need to attach.



### **Digital Rewiring of Childhood**

Exploring technology's role in young people's lives and its benefits and challenges for their development.



**Children  
& Youth**

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