

# Time Out for Parents Facilitator Training

## ONLINE



To run our core range of *Time Out for Parents* parenting courses you will need to gain a core Facilitator Licence by first completing our **Part One** and **Part Two** training.\*

Both trainings are made up of initial online learning, and then attending live group sessions with our trainers.

The online facilitator training is split into two parts and has been renamed Part One (previously *Facilitating Groups*) and Part Two (*Working with Parents*). You will be required to complete the online learning section on our new Learning Hub (online learning platform), before you attend the live group sessions with our trainers.

The live group sessions will be conducted using Zoom. If you have not used Zoom before, it will really help to become familiar with this software before attending the live sessions. We've put together a handy guide which will be sent out prior to the training. For the best training experience, we strongly recommend that you access the live sessions via a PC or laptop. Please note that it is not possible to undertake day two of the Part One training using a mobile device.

### Part One

This training focuses on the skills to run a group well by giving you the knowledge and confidence to work with groups of parents.

#### What does it cover?

- Key underpinning theory and knowledge about group dynamics and the facilitator role
- An understanding of different learning styles and their place in delivering course material
- An opportunity to practise facilitating in a small group

#### How will it work?

The training will be a combination of online learning and live group sessions with the trainers.

- Individual online learning is to be completed prior to the live group sessions:
  - Learners will have at least twelve days to complete the individual learning.
  - Learning will take place on our new Learning Hub and will consist of studying topics with quizzes to check your understanding.
- Live group sessions with the trainers over two days:
  - Day One 9.30 am-2.30 pm
  - Day Two 9.30 am-12.45 pm
- Live group sessions will take place on Zoom. Invites will be sent to you when the online learning has been completed.
- During Day One you will be given individual session material taken from one of our core courses, and along with the other learners you will be delivering a short session on Day Two. Please allow sufficient time before Day Two to prepare for this session.

# Time Out for Parents Facilitator Training ONLINE



## Part Two

In this training we focus on equipping you to work in partnership with parents.

### What does it cover?

- Giving you an opportunity to reflect on your own beliefs, values and attitudes
- Providing underpinning knowledge of key theories on the parent-child relationship
- Exploring practical and positive parenting strategies

### How will it work?

- Individual online learning is to be completed prior to the live group sessions:
  - Learners will have at least fourteen days to complete the individual learning.
  - Learning will take place on our new Learning Hub and will consist of studying of topics with quizzes to check your understanding.
- Live group session with the trainers:
  - One day 9.30 am-2.30 pm
  - The live group session will take place on Zoom. An invite will be sent to you when the online learning has been completed.

To complete Part One and Part Two training, each learner must complete the online learning modules AND attend all three days of live group sessions.

On successfully completing the Part One and Part Two trainings we will license you to deliver all of our core *Time Out for Parents* courses.

You can find more information about all of our *Time Out for Parents* courses [here](#).

\* For those who have completed Part One (*Facilitating Groups*), Part Two (*Working with Parents*) or have Approved Prior Learning for either part, you will only need to complete the other training that is required to gain a Facilitator Licence.