

## Understanding Myself On-Line Training Spring/Summer 26

| AM  | PM                            | Dates available                                 | Closing Date             |
|---|-------------------------------|---|--------------------------|
| Delivering the Understanding Myself Intervention 9.30-11.30 |                               | 21st January                                    | 13 <sup>th</sup> January |
|   | Follow up Workshops 1.30-2.30 | 11 <sup>th</sup> March and 1 <sup>st</sup> July |                          |

### General Notes:

- There are 2-3 spaces per school - we will require staff names and emails for this session.
- The same staff will need to attend all sessions (staff cannot attend the support sessions without having attended the training session).
- These sessions are aimed at staff such as ELSAs working in groups or 1:1 with children developing self-awareness and self-advocacy.
- **Cancellation Policy** - let us know if you need to change the attendees after you have registered.
- **Joining instructions and Teams link** will be circulated a week before each session.
- **School staff will be sent a pack** that they will need to print and read, before the session.
- **Staff who have attended the session** will be given a STAS Moodle login (if they don't have one already) so that they can download the Understanding Myself Resources from the STAS Moodle after attendance at the training session.

**Cost of session:** These sessions are Free

**Bookings:** Please complete the Microsoft Form below to reserve your spaces.

[STAS Understanding Myself On-Line Training Spring/Summer 26 – Fill in form](#)

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### Further Information:

- The Understanding Myself intervention, developed by the charity Daisy Chain, has been developed in co-production with neurodiverse CYP and is underpinned by numerous psychological theories and practices. The core aims of the intervention are to increase self-awareness, help others understand the needs of neurodiverse CYP and improve self-esteem and build confidence.
- The intervention is a six week intervention programme, each session lasting about one hour, for a group of up to six CYP. The sessions should be led by a member of staff with knowledge of emotion and regulation such as someone ELSA trained.
- As part of the STAS-C&I training, the participants will receive the full six week CYP pack, an instruction pack giving week by week guidance as well as additional resources and guidance produced by the STAS-C&I.
- During the first training session, the participants will be shown how to use the resources and deliver the programme. After the first session, participants will run their first group and will be invited to attend a further two sessions to support them with any questions.
- There are two sets of materials, one set for CYP aged for 7-11 and one set for CYP aged 14-17, however the primary materials can be adapted down for older infant children and schools can choose to use either set for CYP aged 12/13. We also supply additional materials which can be used to support or modify the session content.