

# Training & Workshops



# Competency Profiling Training

## What is Competency Profiling?



Competency Profiling is part of **Three Session Change** (Sycol) which is a solution-oriented, strength-based approach, which encourages goal making, positive change, boosting self-awareness and increasing self-esteem.



## Why do we do it? What is the impact?

- Boosts self-awareness and increases self-esteem.
- A way to support young people to see their full potential.
- Helps young people to recognise the skills, gifts, and virtues they bring to the world.
- Equips professionals who have already established rapport with young people to elicit their virtues.

## What do people say about it?

*“Gaining a better child voice by using the resources that were provided, which were clear and helpful”.*

*“I word my report writing to be more solution-focused”.*

*“I found it to be reflective.”*

*“Helped identify a skill that the child could acknowledge and own and then for them to identify and to engage someone else in the celebrating of this skill...powerful stuff”.*

The training is suitable for anyone who is directly supporting young people  
 ...just get in touch: [IF@suffolk.gov.uk](mailto:IF@suffolk.gov.uk)



# In-Person Mini-PATH Training

## What did we do?

- We delivered **in-person Mini-PATH training** to a team of professionals working with young people in care, from the same setting.
- We focused on **person-centred planning** and building the teams confidence to facilitate Mini-PATHs for future planning.
- The training included a **full-day practical session** followed by a **one-hour reflection** session to embed learning.
- We provided hands-on experience of the **PATH process**, including skills to **facilitate and create graphics** for Mini-PATHs.

## What was the Impact?

- ✓ **Boosted team confidence** to run Mini-PATHs with young people, helping them feel ready and supported to plan for the future.
- ✓ **Gave staff flexible, person-centred skills** to support each child in a way that works best for them.
- ✓ **Created a hands-on learning space** through face-to-face training, showing how Mini-PATHs can be used in their everyday work.
- ✓ **Encouraged reflection and shared ideas**, helping staff feel confident to use the tools in a safe and supportive environment.

**How will Mini-PATH be helpful in your setting?**  
Can use for all our YP. Particularly useful for YP who are coming up to 16+; helps them think about their future and gives reassurances regarding moving on.

**How will Mini-PATH be helpful in your setting?**  
We can use it to help us and the child communicate to each other in a more informal approach.

**What key thing will you take away?**  
How I can adapt the plan by using other resources that will work better with each child

**Did you find the training useful?**  
Extremely Useful  
**In what way was it useful?**  
The explanation of how to complete and make the Mini-PATH was really clear and concise. Good level of interaction and mix of doing the pathways ourselves and having it explained to us.

**What key thing will you take away?**

- Different mapping ideas – working with autistic YP – those who lack concentration.
- Making things easy to understand and get involved for all abilities.

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# (Virtual) Mini-PATH Training

Oct-Dec 2025

## What is Mini-PATH Training?

- A supported program of training that embeds Person-Centred Planning.
- Training is delivered virtually to a cohort of professionals, who in their role support children and young people who may need a Mini-PATH to help them with future planning.
- Incorporates the opportunity to experience a Mini-PATH; understand the key principles and process; and develop skills to facilitate and graphic a Mini-PATH.

## What is the Impact?

- ✓ Upskilling other professionals, so that they are able to support children and young people in their settings to be ambitious.
- ✓ Professionals are able to use the skills learnt and adapt these into a way that works best for the individual child they are supporting.
- ✓ By delivering the training virtually, we can reach a larger cohort of professionals and therefore children and young people.

## Participant Feedback

A great resource to use with children in school

Very good training and helpful insights. I think it will be very useful.

Very clear direction of how to use Mini-PATHs to support children.

SEMH School: Was a really good course and looking forward to putting it into practice.

This training will allow more students in school to experience a Mini-PATH, creating more positive interventions within school.



# Whole-School Staff Sensory Workshop

Engaging

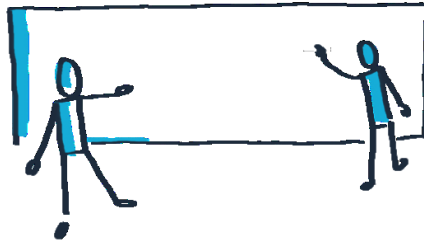
Informative

Interactive

Eye-opening

## What did we do?

- We delivered an **in-person sensory workshop** to the whole-school staff, at a **mainstream secondary** setting who'd identified they had several young people with sensory needs.
- We interwove **practical strategies** they could use in their setting alongside **interactive activities** to embed the learning and theory.
- The aim was to **increase staff awareness and knowledge** of sensory sensitivities, **strengthen their confidence** to support their pupils, and come away with **applicable approaches** that were class/setting specific.



## What was the Impact?

- ✓ The SENCo will be liaising with all the staff to **create a 'sensory box' for every classroom** for their children to access freely.
- ✓ **Created an interactive space** through face-to-face training, indicating how we can incorporate sensory breaks throughout the school day and within their classrooms.
- ✓ **Encouraged reflection and shared ideas**, helping staff feel confident to use the tools in a safe and supportive environment.

Interesting

Useful

Helpful

Intriguing

Insightful

Awareness-raising

**How will this be helpful in your setting?**

"Being more aware of/ considering sensory needs in the classroom"

Asking: "Is there a sensory need drawing a particular behaviour?"

**What key thing will you take away?**

"Sensory needs are 'normal' – we all have needs"

**What key thing will you take away?**

"Individuals can have a blend of hypo- and hyper- sensitivities"

**What key thing will you take away?**

- "New strategies for breaks/resets"
- "How to effectively use movement..."
- "Proprioception"
- "Touch your toes!"
- "Consider students who may need to decompress"

**In what way was it useful?**

"Well informed and school relevant"

**What key thing will you take away?**

"Consider simple ways to help improve the classroom environment"

**In what way was it useful?**

"Good to be reminded of the different things students can be going through"