

Mindful communication: compassionate approaches for dealing with 'challenging' behaviour from children



When: Sunday 29th of March 6:30pm – Wednesday 1st April 1:30pm 2015

When: Rookhow Centre in the Lake District woods —inside & outside!

Cost: £100 for accommodation and food plus a 'gift' amount for the training

Trainer: Jayaraja

Organisers: May Molteno of Wood School with support from Lily Horseman of Kindling Play & Training

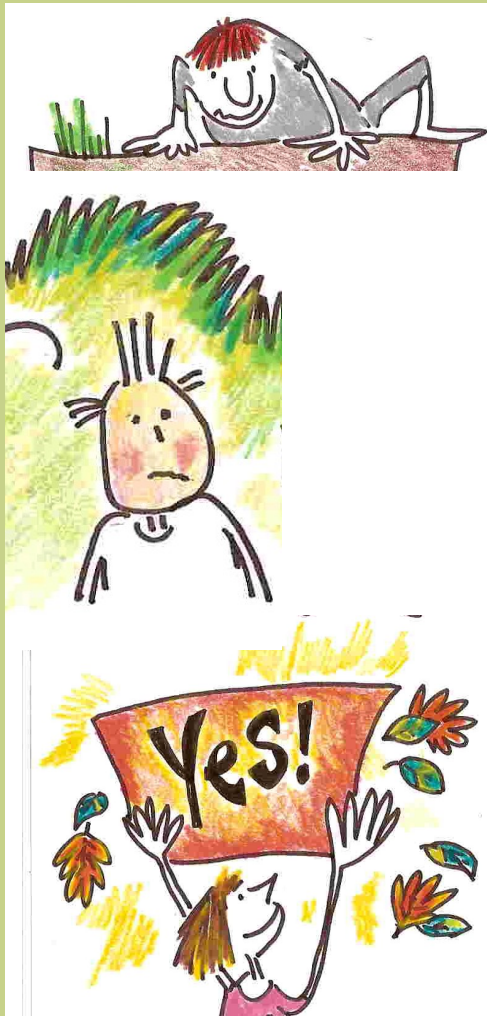
An invitation to a two and a half day training retreat in the wild woods of the Lake District. Working with an inspiring trainer, Jayaraja, together we will explore the core principles of mindful communication. We will look at the kinds of behaviour we find challenging in the children we teach, support or parent. We will seek to understand the causes of this behaviour – to see what children are deeply needing when they behave in ways we experience as 'difficult'. We will look at our own patterned responses to this behaviour and look at creative strategies we could use instead. Crucially we will learn how to embody the principles of mindful communication in how we relate to ourselves and each other and the children in our care. Responding not from 'right and wrong' thinking or rewards and punishment, but from an empathic place that values connection and honesty, leading to a more nourishing and creative engagement with the problems and difficulties we face as parents, teachers, partners and friends.



Jayaraja is a skilled practitioner of Non-Violent Communication (NVC) who embodies the principles of compassionate, clear communication. He began training with Marshall Rosenberg in 2001 and has gone on to teach numerous NVC workshops around the world. He has been a practicing Buddhist and meditation teacher for over 25 years, he has a BA with QTS in Physical Education and Drama and a diploma in Gestalt psychotherapy. More recently he has been studying interpersonal neurobiology, attending workshops with Dan Siegel amongst others. He is a co-author of the Yellow book of Games and Energizers and "Live" life skills for teens. He also loves playing football.



Jayaraja's approach to teaching is insightful, pragmatic and mischievous. He has a playful style that has people up and moving, trying out new skills and laughing lots. He is particularly skilled at responding to participant's current challenges – so there is always time for problem solving and trying out new approaches. He holds the space with a kind awareness that stays alive to each person – meeting questions from participants with a level of sensitivity that brings about transformative understanding.



Come on the workshop if you:

- Work with or bring up children
- Struggle with children saying 'No!', hurting each other, getting angry, being 'rude', resisting what you ask of them, opting out, acting up ... generally being 'difficult!'
- Yearn for more cooperative, joyful, generous and caring behaviour between you and the children you care for.

Come on the workshop if you want:

- Skills to deal with challenging behaviour creatively rather than reactively
- Tools to manage your own state of mind
- Insight into how developing minds work
- Inspiration and new approaches to your work with children

Come on the workshop if you love:

- Having the chance to reflect on your own ways of working
- Playing in the woods
- Having a chance to grow and change

May, course organiser, says: I organised this workshop because I wanted a chance to learn and practice new skills around dealing with children's challenging behaviour. I am a founding director of The Wood School, Manchester where we teach over 60 children a week, grounded in forest school principles and NVC. I have done many short courses in NVC but wanted a chance to revisit its core principles and go deeper. I went on a workshop with Jayaraja last year and came away excited, inspired and wanting more. I also have an eight year daughter who's been through a lot of change of late – and two step children - so have plenty of tricky moments with children to learn from!



"Jayaraja has the ability to empathise and connect to the adults and children in our family in a way that leaves us all feeling prized, stimulated and nourished. Our capacity to do so for ourselves has significantly grown as a consequence."

previous course participant

Email: may@learninginthewoods.org.uk to book