



Aspire Outreach Core Training offer – Academic Year 2026/27



The Aspire SEMH Outreach team provides comprehensive core training aimed at enhancing understanding and support for individuals dealing with social, emotional, and mental health challenges. The core training offers a holistic approach, addressing various aspects of SEMH to empower educators and professionals in effectively managing these issues.

Key components of the core training include:

Training Course	Overview of training
Understanding SEMH: 60 Minutes	To gain insights into the diverse range of social, emotional, and mental health difficulties individuals may encounter. This involves exploring underlying causes, symptoms, and potential impacts on learning and development.
Primary only Promoting social interaction and communication through play 60 Minutes	Aims to harness the therapeutic benefits of construction activities to address emotional regulation, social interaction, and communication difficulties. Through structured group sessions, participants engage in collaborative building tasks, promoting teamwork, empathy, and problem-solving skills.
Bonding through Play: 60 Minutes	Bonding through play training focuses on utilizing play-based activities to strengthen the emotional connection between caregivers and children, enhancing attachment, trust, and communication within nurturing relationships.
Belonging Builds Behaviour 90 Minutes	This training course designed to help school staff understand how a sense of connection and community influences pupil behaviour. The session explores strategies for creating inclusive, relationship-centered environments that promote positive behaviour and emotional safety. By focusing on belonging, staff can proactively support regulation, reduce incidents, and foster a culture where every child feels seen, valued, and supported.
Understanding behaviour and strategies to manage this 90 Minutes	This training provides a practical understanding of behaviour, exploring the underlying causes and how it can be effectively interpreted in a school setting. It equips staff with clear, evidence-based strategies to respond to and manage behaviour in a supportive, consistent, and proactive way.
Zones of regulation: 90 Minutes	Zones of Regulation training provides individuals with a framework to understand and manage their emotions. Participants learn to categorize their feelings into different "zones" and develop strategies to regulate their emotional responses, promoting self-awareness, self-regulation, and social skills in various settings.
Sensory Processing and SEMH 90 Minutes	Sensory processing with SEMH training explores how sensory issues intersect with social, emotional, and mental health challenges. Participants learn to identify sensory triggers, understand their impact on behaviour, and implement sensory-based interventions to support individuals with SEMH needs in regulating their sensory experiences for improved well-being.
Understanding ADHD and how to support this in the classroom. 90 Minutes	ADHD training equips educators with knowledge of ADHD symptoms, such as inattention and hyperactivity, and strategies to support students who may experience this. The training aims to foster an inclusive classroom environment that addresses individual needs and enhances

	student success. Providing idea for strategies and adaptations which can be made.
Anxiety in children and young people – Theory and strategies 60 Minutes	Training on understanding anxiety in children focuses on identifying signs like excessive worry and avoidance behaviours. It covers effective communication, coping strategies, and creating a supportive environment. The objective is to equip educators with tools to help children manage anxiety and promote emotional well-being and resilience. Strategies Focuses on practical approaches to supporting pupils experiencing anxiety. This session builds on prior understanding by introducing evidence-based strategies that can be applied in everyday school settings. Staff will leave with tools to confidently identify triggers, respond effectively, and create supportive environments that reduce anxiety and promote resilience.
Understanding attachment in children and how to support this. 60 Minutes	Developing understanding on the neuroscience of Attachment and how this can present in different categories and how this presents in children. Practical strategies on how to support children in class and developing regulation within the classroom.
The use of Boxall to help inform support plans 90-120 Minutes	The training is centered around understanding and effectively using the Boxall Profile to assess and support children with additional needs, particularly in educational settings. The goal is to help professionals better understand a child's emotional and behavioural needs and plan effective interventions.
An introduction to supporting children with Trauma Part 1 2.5 hours	This training program is designed to help to develop an understanding of the impact of trauma on children. training Focusing on building knowledge about trauma, recognizing its signs, and start to develop a trauma informed approach to support.
Supporting children with Trauma, strategies to help Part 2 2.5 hours	This training program aimed at equipping professionals with practical strategies to support children who have experienced trauma. The training focuses on both understanding the impact of trauma on children and learning evidence-based strategies to help them heal and thrive.
Understanding Bereavement in young people 60-90 Minutes	Training on understanding bereavement in children focuses on helping professionals support children who are grieving the loss of a loved one. This type of training equips individuals with the knowledge, tools, and strategies needed to recognize, address, and manage the emotional and psychological effects of loss on children.