



Workshop | Building and Sustaining Relationships

The ABLE4Teachers two hour workshop is designed to introduce participants to the knowledge, skills and confidence required to adopt a **relational approach** to their work. The workshop will include an overview of the four staged, evidence based, brief intervention model called ABLE. The model is designed to enable teachers to recognise and manage opportunities to engage with and listen to pupils, peers and parents at times of change, challenge and / or upheaval. In addition to outlining the model the workshop will also introduce teachers to a number of relational capacity building skills which underpin the model.

This introductory workshop is informed by the body of unequivocal research which shows that:

“Good quality relationships not only give our lives meaning, but couple, family and social relationships hold the keys to;

- *children’s educational attainment*
- *parenting,*
- *child and adult mental health & well-being,*
- *quality of life in later life,*
- *preventing crime and anti-social behaviour**

*Dr David Marjoribanks | 10 February 2016: All Together Now | A 2025 vision for supporting good quality relationships. Commissioned by the Department for Work and Pensions, UK

Learning Outcomes

Following the workshop participants will be able to:

- Recognise the benefits of being attuned to the relational wellbeing of those in the school community i.e. pupils, peers and parents.
- Use aspects of the ABLE model to introduce a more relationally attuned approach to their work.
- Use the knowledge advanced by Dr. Aaron Beck developer of Cognitive Behaviour Therapy (CBT) which links thoughts, feelings and behaviours to gain a better understanding of the ways relationship are formed and evolve.

Workshop Style

The workshop will be:

- Facilitated by two experienced Ag Eisteacht trainers who will model the skills and behaviours associated with the ABLE model.
- Evidence based, fast moving and participatory.
- Delivered using a range of training techniques including role playing, group work and experiential learning.

Ag Eisteacht

Our Vision

Ag Eisteacht aspires to an Ireland where all frontline workers are empowered to respond in a sensitive and focused manner when someone turns to them for support.

Our Values

TIME
ATTENTION
RESPECT

Our Model



Ag Eisteacht is a leading provider of research based intervention programmes. Commissioned team training available nationwide. Optimum team size ranges from ten to sixteen participants. Please call us on 021-5005915 to discuss your training requirements. For other information on open course dates and bookings visit www.ageisteacht.com.



a four staged evidence based model underpinning Ag Eisteacht’s training



Teachers who have completed this relational based workshop with Ag Eisteacht in the past have said:

“Brilliant course – lovely to look inwards instead of in the direction of maths and English”

“Really useful information – training would be hugely beneficial for teachers, to empower ourselves to tackle issues with parents. Or to give meaningful support that will help parents and ultimately the children”

“Found the course to be a very worthwhile experience – learned some new language and strategies that I will try to use when appropriate. Thank you”

“Very insightful, certainly gives food for thought”

“Great course”

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