



Protective Behaviours Training

A practical and down to earth approach to personal safety that develops self-awareness and well-being.

This course can be of benefit to **everyone**. Protective Behaviours is used by parents, children, early years practitioners, teachers, family workers, childminders, health and social workers, police, refuge workers and counsellors to name but a few.

DATE	VENUE	TIME
Day 1: Friday 8 th June 2018	Queen Elizabeth II Jubilee School Kennet Road	9.30am – 4.30pm
Day 2: Friday 22 nd June 2018	Westminster W9 3LG	9.30am – 4.30pm

*Please note that this is a two day course and the total cost for both days is **£115.00** which includes all training materials, access to online resources and refreshments.

About Protective Behaviours

Protective Behaviours is a practical down to earth approach to personal safety. It is a process that encourages self-empowerment and brings with it the skills to raise self-esteem and to help avoid being victimised. This is achieved by helping individuals to recognise and trust their intuitive feelings (Early Warning Signs) and to develop strategies for self-protection. The Protective Behaviours process encourages an adventurous approach to life that satisfies the need for fun and excitement without violence and fear. For more information please visit to PBPeople.org.uk, a site run for and by the Protective Behaviours community where you will find a detailed history of the Protective Behaviours process along with a directory of other independent trainers in the UK - there is also a Discussion Forum (a great place to ask questions, swap ideas and share stories).

About the trainer

Sally Ann Hart is a qualified teacher and a PBUK accredited trainer in Protective Behaviours. She has a background of working with young people, parents, teachers, early years practitioners and with a variety of special educational needs. Sally Ann's most recent post was working as a Pre-School Teacher (SEN)/Area SENCo within Northamptonshire Children & Young People's Service. Sally Ann uses Protective Behaviours on a daily basis both in her work and with her own family including the dog!

As well as working as a trainer in Protective Behaviours, Sally Ann is particularly interested in helping parents and practitioners meet the needs of babies and young children. For this reason she has developed this area within her PB work and made links with other initiatives such as The Northamptonshire Baby Room Project and Hertfordshire's 5 to Thrive initiative. Sally Ann has also worked with the University of Northampton with both undergraduate students reading Early Childhood Studies and those studying for a PGCE. Sally Ann leads Protective Behaviours training for a number of local authorities and charities across Northamptonshire, Bedfordshire, Worcestershire, Oxfordshire and Essex. For further details of please visit www.sallyannhart.co.uk

