

## How To Adopt A 'Walk And Talk' Session For Your Training Event!!

### Walk and Talk – 'Solvitas Perambulium'

The Romans coined the phrase 'solvitas perambulium', which means 'solve it as you walk'. They believed that the combination of fresh air, removing themselves physically from the source of a problem, light physical exercise and creative inspiration from nature worked wonders if they needed to sort through issues in their minds. The state in which ones imagination is able to run free is ideal for solving problems or creating ideas.

The aim of this session is to introduce the Walk and Talk approach in terms of planning, route choice, safety of participants and importantly - how to encourage the creation of some fresh air ideas. The whole session will take place outside - regardless of the weather. It will last for approximately 60 minutes.

Walking and talking will naturally take place during the session!

Participants will need to wear suitable walking footwear and bring along a waterproof jacket (just in case!) Hats are optional! Participants will also need to let Peter know, in confidence, if they have any medical conditions which may affect their involvement in the session.

All levels of fitness are welcome - as a variety of routes can be used.

**Delivered by: Peter Braidwood, The People Developers**



## Speak Volumes - speak with clarity and confidence

As an experienced professional Trainer, you need to maximise the impact you make. Your voice and content carry 45% of the impression you give. Learn how to get the best from your vocal presence in order that clients, colleagues and friends enjoy clear communication.

Learn how to:

- establish vocal flow;
- breathe efficiently for speaking;
- project the voice;
- develop tonal quality to enhance YOUR OWN UNIQUE VOICE.

Professional speakers get professional coaching - pick up some of those tips. And find out where your speaking voice really comes from and where it might be going!

This is a practical workshop full of information, hints and tips about:

- key elements of the voice, delivery and volume;
- useful daily workout routines for good vocal maintenance;
- organs of articulation;
- efficient breathing.

**Delivered by: Marie McStay, Insight Out Training**



## Dialogue Tools - using value clarification as a training tool

In this workshop, value clarification will be presented as an excellent tool which can be applied when working with equality, diversity and human rights. The attendees will participate in a number of different exercises and be given ideas on how to apply these in practice.

The Norwegian professor, Berit Ås, has identified and named five so-called domination techniques: Invisibility, Ridiculing/belittling, Withholding information, Dual punishment and Creating shame and guilt. By using role play in the workshop, examples will be given on how to combat these different techniques.

**Delivered by: Kristina Gow, Wisdom Education, Sweden**



## Challenging Assumptions And Stereotyping

**Can we tell what a person is like from their outward appearance or from the information others give us?**

How reliable are "first Impressions"? How do we make first impressions? How do the prejudices and stereotypes we have or hold affect the decisions we make about others and ourselves? How do we undo negative first impressions of others and ourselves? How do such prejudices, assumptions and stereotypes hold us back in both our personal and professional lives?

This workshop is fun and interactive. Through stories, pictures and self-assessment discover how often we ALL make assumptions about people, based upon inbuilt prejudices and past experiences. It will also highlight how often we hear but do not listen.

**Delivered by: Rachel Gilbert, Care UK**



## Working Effectively With Disabled Participants

This workshop will provide an opportunity to review and reflect on best practice for working effectively with disabled participants whether or not they have disclosed a disability. Pressures of work mean that it can be hard to take time to consider the needs of disabled participants other than in a way which responds only to the individual. And in today's unequal and discriminatory world, not everyone will disclose their needs.

Using a broad definition of disability and a social model of disability approach, the workshop will provide an opportunity to work through potential barriers to participation for disabled people and discuss strategies for inclusion. Workshop participants will leave having considered potential barriers in their workshops, developed strategies to deal with them and with increased confidence for the positive inclusion of disabled people.

**Delivered by: Kirsty Wayland, University of Cambridge**

