



TRAUMA INFORMED PE ONLINE TEACHER TRAINING COURSE BROCHURE

THE PROBLEM

- In today's post lockdown educational landscape, many young people have experienced trauma, making it challenging for them to engage, display appropriate behaviour, and achieve academic success.
- We have spoken to dozens of brilliant PE teachers grappling with this challenge over the last few years.
- As a Physical Education teacher, you understand the power of PE in positively shaping students' physical and emotional wellbeing.
- However, addressing the impact of trauma in your classes can be complex, especially with limited resources and professional development opportunities available.





Introduction

WELCOME!

Hello and welcome to our Trauma Informed Physical Education Teacher Training Course.

My name is Neil Moggan and I can't wait to work in partnership with you to help transform the lives of your young people.

Click on the video below and let's get started.



OUR PROMISE

- We have developed an online teacher training course that promises to equip you with the knowledge, strategies, and tools to effectively integrate trauma informed practices within your physical education curriculum.
- We will guide you through a 7 step process to transform relationships, engagement, behaviour, attendance and progress within 90 days and your children's life chances in the long term.
- We appreciate that your time is precious so we have intentionally created this concise course so that it meets the needs of your busy schedule and location, wherever you are in the world.

THE RECOVER ROADMAP

A 7 step process to guide teachers how to implement trauma informed practice in Physical Education to transform relationships, engagement, behaviour & progress within 90 days, and children's life chances in the long term.

STAGE 3
Impact

STAGE 2
Implementation

STAGE 1
Approach



COURSE CONTENT

STAGE 1 Approach



Stage One – is called ‘Approach’ and informs colleagues about the evidence base behind the decline in engagement, attendance, behaviour, and progress in a post-lockdown education world. Stage One covers Step One and Step Two.

‘Relationships’ is Step One and focuses on what a trauma-informed approach is, what Adverse Childhood Experiences are, and how this affects children in the classroom at the moment and their life chances, based on the ACEs studies.

Step Two is a story of hope and how ‘Emotionally Available Adults’ and the eight protective factors can break the cycle through the power of relationships. We clarify the role of the PE teacher in supporting young people recovering from trauma so colleagues know what their role is and is not.

COURSE CONTENT

STAGE 2 Implementation



Stage Two is called 'Implementation' and is all about how we go about implementing a trauma-informed approach within Physical Education.

Step Three guides colleagues on how to create psychological safety for our young people through the use of 'Visuals and Vocals' to transform relationships and enhance their engagement by triggering their social engagement system.

Step Four looks at how we can use physical activity to broaden our children's window of tolerance so that they feel calmer and make better decisions. We guide teachers how to use PE to develop a sense of belonging for young people and to help them feel loved. We then explore how we can support children's neurodevelopment and relationships through the power of play.

In Step Five, 'Connect before Correct', we guide colleagues on how to manage challenging behaviour in a compassionate way that does not retraumatise our youngsters but maintains high standards so that colleagues achieve the outcomes they need and want for effective teaching.

COURSE CONTENT

STAGE 3 Impact



Stage Three is called 'Impact' and is about how we can have a broader impact across our school and wider society. It covers Step Six and Step Seven.

Step Six is called 'Enhance' and looks at the different ways PE teachers can have whole-school impact using a trauma-informed approach.

In our final Step, 'Recovery', we explain some key points that colleagues need to know when supporting young people suffering from trauma and share our secret formula for a transformational PE teacher in a post-lockdown education world.



OUR COURSE WILL:

1. Enhance Your Awareness:

We will deepen your understanding of trauma's impact on students' physical and emotional wellbeing.

You will gain insights into evidence-based theories and research-backed strategies to create a psychologically safe and inclusive environment.

2. Provide Expert Guidance:

We have collaborated with leading experts in the field of trauma-informed education and physical education to offer you valuable insights and personalised support.

Through video modules, articles and reflective tasks, you'll receive expert guidance tailored to your specific challenges and opportunities in your PE department and your wider school.

OUR COURSE WILL:

3. Foster Your Practical Application:

Our course is designed to be practical and actionable.

You will learn how to use exercise and play to develop your children's sense of belonging, widen their window of tolerance, implement trauma informed behaviour management techniques, and create engaging and inclusive activities. We will empower you to transform student relationships leading to greater engagement, attendance, behaviour, and progress.

4. Cultivate A Supportive Community For You:

As part of our course, you will join a vibrant and supportive community of educators who share your passion for trauma informed teaching.

Engage in online forums, discussions, and collaborations to learn from each other's experiences, successes, and challenges. This network of support extends beyond the course, creating a lasting impact.





PROOF OF SUCCESS:

- Our Trauma Informed PE Teacher Training Course is led by Neil Moggan, an experienced Director of Sport, who has witnessed first hand the incredible impact of trauma informed approaches.
- Neil is a TISUK trauma informed practitioner who implemented this approach in his own school, resulting in remarkable improvements in relationships with students, especially those facing significant challenges in a post-lockdown education world.
- Through the implementation of trauma informed practices, Neil saw a drastic reduction in send-outs by 95% in just one term. This shift created a safe and supportive environment where students felt understood and valued, leading to increased engagement and a significant boost in progress and attendance.



PROOF OF SUCCESS:

- In particular, Neil's most challenging students in his exam PE groups, experienced a remarkable increase in their predicted results by 1.5 grades. Their attendance also improved by 5%. This demonstrated the power of trauma informed practices in positively impacting academic outcomes.
- Not only did his young people benefit, but Neil himself experienced a renewed sense of joy and fulfilment in his teaching. By creating an environment that prioritised wellbeing and connection, teaching became enjoyable again, leading to an improvement in his own wellbeing.
- From road testing various techniques and approaches in his school, Neil created our Recover Roadmap, a 7 step process to guide you how to implement trauma informed practice in your PE department to transform relationships, engagement, behaviour & progress in the short term, and your children's life chances in the long term.

TESTIMONIALS

Here are testimonials from brilliant teachers who have witnessed the transformative impact of our Trauma Informed PE approach:

‘Informative and engaging session on Trauma Informed PE. Every teacher in the country needs to hear this message at the moment. Lots to take away and reflect on.’

Lee Sullivan, Head of PE at Upton Court Grammar and author of ‘Is PE in Crisis?’

‘Great to hear Neil Moggan share his story and 7 step Recover roadmap towards helping his most vulnerable students using a trauma informed approach.’

Will Swaithes, PE Scholar

‘I am so glad I went to the Trauma Informed PE session, I took so much from it and have already applied some today.’

Kate Clough, Head of PE, The King Alfred School

‘Thoroughly enjoyed your Trauma Informed PE workshop Neil. Can see why you win kids over. Such a calming and friendly aura. Thank you for sharing your expertise.’

Matthew Trowbridge, Director of Learning, Aberdare Community School PE Department

PRICE

- Our Trauma-Informed PE Teacher Training Course retails at £179.99 per teacher or £499.99 per school depending on your need.

MONEY BACK GUARANTEE

- We are so confident in the effectiveness of our programme, which is why we offer a no questions asked money-back guarantee.
- If the course does not improve your current situation or meet your expectations, we will refund your payment in full.



Discover your Enhancing Engagement in PE Score

Take the scorecard to discover the areas you need to focus on to enhance the engagement of your children in Physical Education.

TAKE THE SCORECARD

TASTER RESOURCES FOR YOU

We have created the '**Enhancing Engagement Scorecard**' to help you track your progress in implementing Trauma Informed PE practice.

This scorecard acts as a valuable tool for self-reflection and continuous improvement.

Click [here](#) to try our 2 minute scorecard.

Additionally, we offer a '**Taster Trauma Informed PE Course**' for you to experience a sample of our content and teaching approach.

This allows you to get a first hand feel for the quality and value our full course provides.

Complete this [one minute form](#) to be sent your login details.

SOURCES OF FUNDING

As well as the usual sources, headteachers we have partnered with have accessed funding from the following sources to provide this programme to their school community:

- Pupil Premium funding
- Opportunity Area funding
- Trust funding
- Council Virtual Schools



ORDERING PROCESS

If you would like to build a partnership with us to drive school improvement then the process is as follows:

- [1] Confirm you wish to go ahead and we will e-mail over an invoice.
- [2] Once payment is received we will require e-mail addresses, first names and surnames of every member of staff you want to access the course.
- [3] We will get your staff set up asap with their unique login to the course so that they can complete the course wherever and whenever suits them throughout the year, saving the school considerable amounts on cover costs.

ABOUT US – DESIGNED BY TEACHERS FOR TEACHERS

- Our vision is: 'to guide 15,000 teachers around the world to transform the life chances of their young people.'
- Our founder is a former Director of Sport, Health & RSHE, with over 18 years experience of teaching and leading.
- All of our resources have been used successfully in the classroom to deliver maximum impact.
- We pride ourselves on providing proactive, practical strategies that enable your staff and students to have maximum impact immediately.
- We have won numerous awards for our cutting edge work in schools.
- We welcome the opportunity to work in partnership with you and be your trusted guide.

Get in touch today

[Neil Moggan - Founder of Future Action](#)

www.futureaction.co.uk

