



### The Power of Kindness

We believe that kindness to ourselves and others is essential. It's not just about being nice; it's about creating an environment where everyone feels valued, respected, and supported.

Our training emphasises the importance of self-care and compassion as foundations for being an effective and confident caregiver.

**Confidence and Kindness Training for Wraparound Care Providers – because you and those you care for deserve to shine!**



“We booked Vie to give us an inspirational and engaging talk on confidence using her lived experience, and we got that and more! Her interactive and inclusive approach resulted in an enthusiastic response including several colleagues applauding on their feet. What's more, aspects of her session are now being used by colleagues throughout our network, spreading confidence and empowerment. Thank you so much!” C.R



Ready to Take the Next Step?



[www.vipempowerment.co.uk](http://www.vipempowerment.co.uk)



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Creating happier, kinder, more confident, adults, children, and young people.



WORKSHOPS  
TRAINING  
CONSULTANCY  
SPEAKING





## EMPOWERING WRAPAROUND CARE PROVIDERS TO SHINE

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Whether you're delivering before-school, after-school, or holiday care, confidence and kindness are key to creating a positive and engaging environment for yourself and the children in your care.

Our **Confidence and Kindness Training Programme** is designed specifically for professionals like you, giving you the tools to lead with confidence, encouraging an environment of kindness and happiness.

## THIS TRAINING IS PERFECT FOR:

- Before and After School Club Leaders
- Holiday Camp Organisers
- Nursery Staff
- Youth Workers
- Anyone involved in out-of-school care

## WHAT YOU WILL LEARN:

### **Confidence Building techniques:**

Strengthening your self-belief and self-esteem, as well as that of the children in your care.

### **Relationship Focus:**

To ensure everyone feels seen, heard, and respected.

### **Effective Communication:**

How to express yourself clearly, kindly, and assertively, while maintaining a positive rapport with children, parents and carers.

**Stress Management:** Tools to manage stress and stay focused, even in challenging situations.

## WHY CHOOSE OUR TRAINING?



Expert-Led Instruction.



Learn from experienced professionals who bring real-world insights and proven techniques.



Tailored Content - training that is customized to address the specific challenges you face.



Actionable tools and methods that you can immediately apply.



Creative and engaging workshops designed to encourage growth and development.



Safe and supportive learning environment.