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Curiosity  
SPOT

TRAINING  
BROCHURE

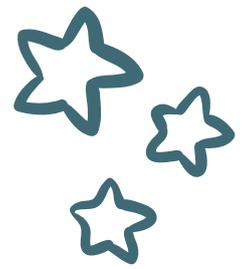
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## Contact Louise

Email: [curiosityspotuk@gmail.com](mailto:curiosityspotuk@gmail.com)

Call: 07889469583

[curiosityspot.co.uk](http://curiosityspot.co.uk)



Hello,

My name is Louise Brown and I run Curiosity Spot. I am a qualified counsellor and supervisor and I have also worked as a Disability Practitioner, Wellbeing Advisor, Trainer and Specialist Mentor. Currently, I work part-time as a trainer for a Mental Health Charity, alongside my private work. I am passionate about learning and sharing knowledge.

In this brochure you will find details of some of the training I currently deliver, however, I am always happy to talk to you about the individual needs of your organisation. Please do get in touch with your requirements so we can discuss how I can support you.





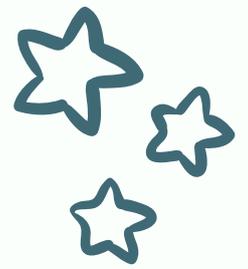
# USING COMPASSION TO RESPOND TO CHALLENGING SITUATIONS

Cultivating an attitude of compassion and holding onto it when facing challenging situations can be hard. In this session we will look at the research that informed Compassion Focused Therapy and how we can utilise this to support ourselves and those around us. The session will include a mixture of presentation, experiential exercises and self-reflections.

## **Who is this course aimed at:**

This course is useful for anyone who wishes to explore compassion and its impact on themselves and their relationships. It may be particularly useful for frontline staff who wish to develop skills to better support themselves and service users.





## Learning Outcomes

- Understand the importance of compassion in regulating emotions and actions
- Understand the key qualities of compassion
- Understanding how our reactions and responses impact on challenging situations
- Understand how to cultivate compassion for ourselves and others

## Duration:

This course is designed as a half day training, however it can be extended to a full day to allow time to look at how it can be used in work with individuals.





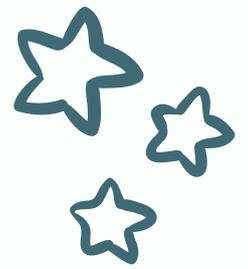
# INTRODUCTION TO GENDER AND SEXUALITY

Our understanding of what gender and sexuality are, and the language we use to talk about this, is ever-changing. It is easy to feel that you don't know enough and to avoid the subject rather than risk getting it wrong. This course introduces some of the key issues and discussions around gender and sexual Identity, creating a safe space to explore the subjects complexity. As a group we will explore our understanding of gender and sexuality and what might help us to support people who feel 'othered' by their own identification.

## **Who is this course aimed at:**

This course is useful for anyone who wishes to explore the nature of gender and sexuality and how it may impact on individuals they work with.





## Learning Outcomes

- Understand the range of factors which may impact on how an individual chooses to define their gender and sexuality
- Understand the multiple frameworks in which gender and sexuality can be constructed and how they interact
- Understand the potential for a gender and sexual identity to be fluid
- Be aware of how gender and sexual identity can impact on an individuals' wellbeing

### Duration:

This course is designed as a full days training, however it can be adapted to a half day, with reduced content.





# WORKING WITH RESISTANCE TO CHANGE

We can all find change difficult, even when it appears to be a positive one. By beginning to understand that different parts of ourselves may have opposing needs, we can see how all changes and transitions come with loss. It is this loss that can cause resistance in us as we transition to new stages in life. This can be experienced as everything from a few butterflies to feeling paralysed by fear of something unknown. Sometimes this will manifest as angry outbursts, apathy or extreme distress. This course will explore how to identify and work with barriers to change in order to reframe thinking and recognise opportunities for transformation.

## **Who is this course aimed at:**

This course is useful for anyone who wishes to explore issues around identity and particularly those who support individuals at points of change.





## Learning Outcomes

- Understand what makes up the matrix of identity and how this impacts on our own articulation of self
- To explore aspects of self and how they articulate themselves
- Understand that all transitions come with a loss and there can be a resistance to change
- Understand that challenging behaviours are often a necessary part of the change process
- Identify ways to support individuals at the point of change

### Duration:

This course is designed as a full day training, however it can be adapted to a half day with less experiential work and reduced content.





# WORKING WITH CREATIVE EXPRESSIONS

There are many reasons why working with language can be difficult. Whether this is due to a limited vocabulary, a difficulty verbalising a feeling, or a reluctance to speak, sometimes we need to find other ways to communicate. Creative expressions give us an alternative starting point to explore and reflect where words alone are not enough. Creative work does not require an artistic background or lots of equipment, anything has the potential to be used creatively.

## **Who is this course aimed at:**

Anyone who works with individuals and groups and would like to explore the benefits of working creatively.





## Learning Outcomes

- Understand why working only linguistically can be difficult
- Understand why creative ways of working can be valuable as well as why we need to be careful when working this way
- The opportunity to explore creative work using one or more of a range of mediums, including but not limited to:
  - Objects: Buttons, stones, sandtrays
  - Images: Cards, dice, pictures
  - Verbal: metaphors, visualisation

## Duration:

This course is designed as a full days training to allow participants the opportunity to explore different mediums, however it can be delivered in half a day with only one or two examples.





# CREATIVE WELLBEING WORKSHOPS

In addition to CPD sessions, I am also able to run sessions for groups where we use different creative techniques to explore aspects of our wellbeing.

## **Previous themes have included:**

Grounding, attachment, goals, identity, reflection.

## **Previous sessions have included working with:**

- Clay, Masks, Painting, Vision Boards, Visualisations, Sculptures, Journaling

## **Duration and Numbers**

Previous sessions have lasted one and a half hours for up to 12 people, however please contact me to discuss your needs as sessions can be tailored to address specific themes, and group size may be negotiable.





# FEEDBACK FROM PREVIOUS TRAINING

‘The trainer was informed, easy to talk to and material was easy to engage with.

Wonderful.’

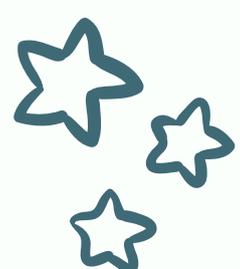
‘Extremely thought provoking.’

‘Excellent.’

‘Very relaxed, yet professional.’

‘Excellent use of trainers own learning/examples which made it very easy to relate and understand.’





# COSTS

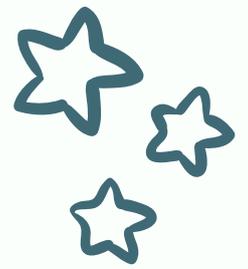
All costs (except Wellbeing Workshops) are for a maximum of 16 learners. Additional learners may be accommodated at an additional cost.

Curiosity Spot will provide electronic versions of learner packs prior to the session and any creative materials that will be used.

The venue is to be provided by the commissioning organisation and access will be required at least 30 minutes prior to the beginning of the session.

ITEM	PRICE
Hourly Rate	£100
Half Day (3 Hours)	£250
Full day (6 hours plus lunch)	£450
Wellbeing Workshops (12 learners)	£150
Travel Expenses	45p per mile





### **Bespoke Sessions**

Please contact me if you would like to explore the possibility of a bespoke session based on any of our existing sessions or related topics. These may incur additional costs.

### **Online Training**

I am currently investigating the possibility of delivering some sessions online via Zoom. Please contact me to discuss your individual needs.

**Contact Louise to discuss your training needs:**

**Email: [curiosityspotuk@gmail.com](mailto:curiosityspotuk@gmail.com)**

**Call: 07889469583**



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Curiosity  
SPOT

[curiosityspot.co.uk](http://curiosityspot.co.uk)