



# BUILD THE CONFIDENCE TO HAVE A CHALLENGING CONVERSATION

## WHAT'S THE BACKGROUND TO THIS PROJECT?

Last year Voluntary Action Leeds (VAL) ran a Home Office funded project to look at what caused young people to develop negative feelings about people from different cultures and try out different projects to help the young people to develop better relationships. One of the things we learned from this project was that some adults working with young people aren't sure how to start a conversation that explores these negative feelings or how to keep conversations going in the right way.

## WHAT ARE WE GOING TO DO TO HELP ADULTS RAISE THEIR CONFIDENCE?

VAL have a small amount of funding to develop a training course aimed at working with adult workers or volunteers who want improve the way they start challenging conversations. The course will:

- work with attendees to address concerns about opening up this area of discussion and share solutions
- explore activities and resources that can help you work with young people around diversity
- understand some of the ways that negative stereotypes are created and ways that you can challenge them

Once you've attended the training we'll be offering ongoing support for a couple of months whilst you test out what you've learnt. We'll use your feedback to help us to improve the training. Then, when we've done our last tweaks, we'll make all the training materials available on our website to download and will encourage experienced trainers with a record of work around diversity to access them.

## WHEN IS THE TRAINING?

The training is for two days and you must commit to attending both days · Day 1 will take place on: Friday 16 March 2018 · Day 2 will take place on: Friday 23 March 2018

There are places for up to 2 people from 6 organisations.

## WHO CAN APPLY?

Applications are open to any constituted organisation in Leeds that has a proven track record of working in regular and positive way with young people. If the training is oversubscribed we will prioritise with these criteria: · track record of working with young people · small to medium sized third sector organisations · whether you work in a neighbourhood with high incidence of reported hate crime · date application received

Even if you don't think you meet all of these criteria (e.g. you have lots of staff), if you think you could benefit from the training we'd really encourage you to apply as we may not be oversubscribed and/or we may be able to offer more training in the future.

## WHAT DO WE NEED TO DO?

All we need you to do is: · Be prepared to be honest about your strengths, weaknesses and concerns around challenging negative views · Attend both training sessions · Commit to practicing your new skills and meeting with us to feedback. · Get involved and enjoy the training

## ARE THERE ANY OTHER BENEFITS?

We think that this training will be fun and that it will really help attendees gain confidence. However, to say thank you for giving your time to the training and the feedback we're offering £150 to each organisations that you can use to help deliver your activities with young people.

## WHAT IF I HAVE MORE QUESTIONS?

We'll be going over this information and answering more questions at a briefing session at 11am on 20 February 2018 at VAL, Stringer House, Lupton Street, Hunslet LS10 2QW (please go to the events page of our website Doing Good Leeds to book). If you want a chat about the training call Richard Warrington, Development Worker at VAL on 0113 297 7920 or drop me an email at [richard.warrington@val.org.uk](mailto:richard.warrington@val.org.uk).

## WHAT NEXT?

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If you'd like to be considered for the training please complete the short expression of interest form below and return it to [richard.warrington@val.org.uk](mailto:richard.warrington@val.org.uk) by 17:00 on 27 February 2018 The steering group for the project will meet in the following week and we'll let you know if you have places on the training by 9 March 2018.