



# Alex Kelly Ltd

## Training programme **2018**





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# Social skills courses

## Social skills 3 day course: Assessing and teaching social skills

This is a highly practical and interactive course. You will have the opportunity not only to learn the theory behind developing someone's social skills but also to practise these skills in a small group setting.

**Day 1:** how to assess social skills, self esteem and friendship skills and set appropriate targets.

**Day 2:** different intervention strategies including running groups, therapeutic stories, and role play and modelling.

**Day 3:** setting targets, reassessment, measuring outcomes and developing friendship skills.



**Trainer:** Alex Kelly

**Dates:** 1–3 May or  
17–19 July or  
6–8 November

**Cost:** £350 + VAT  
(£420 inc VAT)

*"This 3 day course has been life changing & the most engaging I have ever attended. I feel excited & confident in delivering Talkabout"*

*Sally Harper-Strong, Teacher, 2016*

## Social skills course: refresher

This course will be a follow up day for anyone who has previously attended our 1, 2 or 3 day social skills training. The day aims to expand on previous knowledge on assessing and teaching social skills, including new research and evidence. There will also be time to discuss and troubleshoot any interventions that have not gone so well. The day will be very practical and involve a mixture of some theory as well as opportunities for discussion and questions.

*"Well presented and very informative and interesting. Amy kept the group totally engrossed."*

*A Price, Teacher, 2016*

**Trainer:** Amy Green

**Dates:** 27 March

**Cost:** £75 + VAT  
(£90 inc VAT)





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# Social skills courses

## Sexuality and relationships

This training day aims to give you not only the knowledge but also the confidence to set up and run interventions teaching sex and relationship skills. This is a subject that is crucial to people's health, happiness and safety but often is side-lined due to facilitator knowledge and lack of resources. This course will teach you how to assess someone's knowledge and skills, run effective structured interventions and be able to clearly show the outcomes of your work. The course contains a mixture of theory and practical activities to help you feel equipped to go away and deliver high quality sex and relationships education to the people you work with.



**Trainer:** Emily Dennis

**Dates:** 9 October 2018

**Cost:** £100 + VAT  
(£120 inc VAT)

*"The whole day again has been excellent. I have enjoyed it all. It was good to hear about the relationships book and I enjoyed all the games"*

*Sara Cole, TA, 2016*





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# Social skills courses

## Talkabout: Train the trainer

We are very excited to announce the introduction of LOCAL TALKABOUT TRAINERS!

We would like to invite a small number of people across the UK to attend this one-off training to become one of 12 Talkabout Trainers. You would be able to deliver 1 day Talkabout training within your local area and may be asked to contribute to research or local social skills work to increase the evidence into this field of work. You may also be asked to co-facilitate Talkabout training with Alex.

This will be a 3 day course and places are subject to application and approval. You will need to have attended a 3 day assessing and teaching social skills course within the last 3 years and will need to have a current active role in delivering Talkabout interventions.



**Trainer:** Alex Kelly

**Dates:** 22-24 May

**Cost:** £900 + VAT  
(£1080 inc VAT)

*"... what a wonderful world for kids it would be if your social skills programme were in all schools across the continents. "*

*Catherine Varapodio Longley, Parent, Melbourne, 2013*

## Body language: Eight steps to mastering the art of non verbal communication

This one day course will open your eyes to the importance of body language when communicating with other people. Alex will cover how to read someone's non verbal signals and to start to be able to interpret what people are really thinking and feeling. This will be a practical day including the use of videos and small group exercises.

*"I went to the course with reservations, but was stunned. I was the only Aspie there, but went away having had several epiphanies regarding basic social rules. She was fantastic. Thank you so much."*

*Anonymous 2011*

**Trainer:** Alex Kelly

**Dates:** 24 November

**Cost:** £120 + VAT  
(£144 inc VAT)





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# Summary of courses

Page	Course	Dates	Time	Cost (+VAT @ 20%)	Cost (inc VAT)
3	Social skills: 3 day course	1—3 May <b>or</b> 17—19 July <b>or</b> 6—8 November 2018	Day 1: 10:00am—4:30pm Day 2: 9:30am—4:30pm Day 3: 9:30am—3:30pm	£ 350.00 + VAT	£ 420.00
3	Social skills: refresher	27 March 2018	9:30am—3:30pm	£ 75.00 + VAT	£ 90.00
4	Sex and relationships	9 October 2018	9:30am—4:30pm	£ 100.00 + VAT	£ 120.00
5	Talkabout: Train the trainer	22—24 May 2018	9:30am—4:30pm	£ 900.00 + VAT	£ 1,080.00
5	Body language	Saturday 24 November 2018	9:30am—4:00pm	£ 120.00 + VAT	£ 144.00





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# The trainers

## Alex Kelly



Alex is a speech and language therapist with over 30 years' experience of working with people with social skills difficulties. She is the author of the best-selling Talkabout resources and she lectures around the world. She spent 23 years working in the NHS and left in 2009 to run her own business, Alex Kelly Ltd. Alex Kelly Ltd provides training and consultancy work in communication and social skills and speech and language therapy into over 35 local schools. She also has set up a unique service in the UK called 'Speaking Space' - a Day Service for adults that focuses on communication. It is the first of its kind in the UK - a centre of excellence in communication for people with a learning disability (intellectual disability) and autism.

## Amy Green



Amy is a senior speech and language therapist for Alex Kelly Ltd specialising in the area of social skills. She provides training in communication and developing social skills as well as supporting Alex to expand the Talkabout series including co-authoring Talkabout for Adults. She works one day a week in a school with children with social, emotional and mental health difficulties providing one to one speech and language therapy as well as helping the school to put social skills onto the curriculum for all students. Previously Amy has worked in SEBD settings and special education schools around Hampshire. Amy is also the training manager for Alex Kelly Ltd, organising and coordinating all training courses provided by the company.

## Emily Dennis



Emily has worked in learning disability since 2008 in a variety of settings: residential, supported living, day services and special education. Within these she worked as a communication coordinator delivering training and implementing communication systems across Hampshire. This included projects around service user empowerment, enabling vulnerable adults to assertively make clear and informed choices about their lives. At Winchester University Emily studied social care and specialised in learning disability and relationships. This led her to see the need for good quality, accessible sex education and become passionate about creating a programme that would enable this. In 2015 Emily joined Alex Kelly Ltd where she works as a project lead in sex and relationships.



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# The trainers

## Naomi Pearson



Naomi is a speech and language therapist who worked for the NHS for 14 years in a variety of settings: adult learning disability community team, special schools for children with autism and learning disabilities, paediatric clinics and an older person's mental health team. She has worked for Alex Kelly Ltd since 2010 and her current role is service development manager. Within this role Naomi manages the speech and language therapy team, as well as assuring quality within the company, e.g. leading on NAS (National Autistic Society) accreditation programme, in-house audits and PSRs (Periodic Service Reviews). She is currently undertaking a piece of research into the effectiveness of social skills interventions in primary aged children. Naomi is also a Makaton Regional Tutor, and has experience running a number of courses including Makaton, total communication, communication coordinators and SLCN (Speech, Language and Communication Needs). Naomi qualified as a speech and language therapist in 2000 from the University of Central England in Birmingham.

## Additional information

All of our courses are run at Fleming House in Romsey, address below. However all courses can be adapted to be run externally as workshops or inset days. Please contact us if you would be interested in this, to discuss how it could run in your workplace and for costings. If you are from a school or organisation and would be interested in group bookings for any of our courses, please do not hesitate to contact us to discuss this.

## Contact us

If you are interested in booking onto any of the courses advertised in this programme please contact Anne Waggott, our office administrator, or Amy Green, our training coordinator, for a booking form or download a copy from our website: [www.alexkelly.biz](http://www.alexkelly.biz)

For more information or if you have any questions about any of the courses we provide, you could download the course flyer from our website above or contact Anne or Amy on:

office@alexkelly.biz  
amy@alexkelly.biz

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