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## Take 3 Individual Training Overview

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T.U.G. (Togetherness, Unity, Growth) was founded in 2016 and offers high quality training in the field of parent and family work based in services such as schools, Social Care, Early Intervention and Youth Justice.

Our training is constantly evaluated and monitored in order to promote best practice. This is done through own service evaluation and also those given by services we work with. The Welsh National Assembly evaluated our training as 'excellent' in April 2017.

Further information about evaluations, the trainers and their experience is available on our website: [www.tugtraining.co.uk](http://www.tugtraining.co.uk)

The training we offer comprises 3 days, run concurrently.

The first 2 days are devoted to **Take 3**, a nationally recognised and renowned Parenting Programme which enables practitioners to run courses for parents of teenagers aged 10-19 years.

Day 3 focuses on 1:1 intervention using **Take 3** and other current resources and explores engagement, relationship building, resilience and models of change. Day 3 will also encourage self-reflection, promote best practice, and has been evaluated as 'extremely useful' even for very experienced practitioners.

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### Individual Training cost

3 Day training - £550 per person (includes standard qualification and one day training for work with individuals/families).

This includes all training materials, but excludes Take 3 manual (see below).

### Other Costs

Purchase of Take 3 Manual - £155 per pack - available to order from [Rosie Hill](#). You will need this to work with families.

N.B. Each participant will need access to a Take 3 pack for the training.

Copies are available for loan and must be returned at the end of the training. Please inform us in advance of the training if you need to borrow one.

## What is Special or Different about the Take 3 Programme?

There are several evidence-based programmes currently being used in the UK for supporting parents of teenagers, and sometimes it's hard to choose the right programme for your client group.

These are some of the reasons why you might like to opt for **Take 3**:

Unlike programmes that were created in other countries, this programme was written, developed, and evaluated, in the UK, specifically meeting the needs of UK parents regardless of their cultural or socio-economic background.

However many skills and strategies parents learn, they aren't able to use them effectively or think clearly if they're too stressed or angry.

Borrowing from well-researched Mindfulness techniques, one of which is to focus on breathing, the programme introduces the '**Take 3**' breathing method, designed to calm parents by stimulating the body's natural relaxation response, the parasympathetic nervous system.

Family Systems theory shows us that when one part of a system changes, other parts change too, so **Take 3** focuses on changing the adults' behaviour, boosting their self-confidence and assertiveness skills.

We can't change other people's behaviour; we can only change our own.

Young people change when their parents/carers change and **Take 3** demonstrates that this works. Results from a longitudinal study are available on the [Take 3 website](#).

The **Take 3** pack contains a huge amount of valuable information, including visual handouts especially for parents with poor literacy, as well as the dramatised clips on the USB included with the pack: 'Teenagers in Trouble: Skills for Parents'.

All handouts are also provided on the USB card.

Whilst covering the usual parenting skills and strategies (communication, boundaries etc.), **Take 3** also explores in some depth the reasons why young people feel and behave as they do, and looks at individual relationships between parents and adolescents.

The Notes for Facilitators include in-depth background theory which is easy to read and highly informative.

**Take 3** incorporates current information about teenage brain research – vital knowledge for parents about how teenagers develop and why they might be behaving in the way that they do.

Information about **Take 3** can be found on the **Take 3** website and also on the **Tug Training** site:

[www.take3parenting.co.uk](http://www.take3parenting.co.uk)

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