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## Online Take 3 Commissioned Training Overview

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TUG Training now offers the full Take 3 training as an online course, so that we can continue to train and support family services while restrictions due to Covid19 are in place.

The online training takes place over the course of 2 weeks, running for 2 hours each morning from Monday to Wednesday. There will be tasks set every day of the training, which trainees are expected to complete and which should take no longer than 45 minutes.

Days 1 to 5 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 6 focuses on 1:1 intervention using Take 3 and other current resources, and explores engagement; relationship building; resilience; and models of change. During the training each practitioner will be encouraged to apply self-awareness and reflection, to consider best practice, and will have a chance to deliver material in the safe environment of the training room.

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)

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### Commissioned Training cost

Online training - £2500 for up to 8 participants.

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](#). Your service will need at least 2 manuals.

N.B. Each participant **must** have access to a Take 3 pack (parts 1 and 2) for the training; they will need to refer to material from the manual during the entirety of the training.

## 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:

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