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**Building Relationships & Social Networks**

**WOULD YOU LIKE TO FURTHER DEVELOP YOUR UNDERSTANDING OF A NETWORKS APPROACH?**

***The Rock Trust is offering a development opportunity – Building Relationships & Networks. This is a full day of training aimed at professionals and volunteers who support individuals experiencing isolation, loneliness and vulnerability due to a lack of positive relationships in their lives****.*

**BESPOKE TRAINING**

We can adapt the training to meet your organisation’s needs. Please contact us to discuss how we can ensure that you receive the training that will ensure the greatest return for your organisation.

**Aim of Training**

The training will look at the importance of supportive relationships to enable individuals to make positive steps forward, so they can develop positive relationships and improve social skills. The training will also discuss ways for your service to embed support networks into you practice.

**Learning Outcomes**

Participants will be able to:

* Describe how a Networks Approach promotes best value across services.
* Identify how Resilience, Transitions & Relationships impact on the individuals using your service.
* Apply a Networks Approach to support service users to explore their Support Network, improve skills & increase opportunities to develop supportive relationships.
* Consider how services can embed a Networks Approach in order to improve outcomes for individuals and gain the best possible social return on their investment.

 “***Over the past year 90% of trainees have stated that they will implement the key elements of the training into their practice***”

**BOOKING:**  Bespoke training £500 (10-15 delegates) for further information or to book please email training@rocktrust.org or telephone 0131 557 4059

*“I have a wider understanding of the protective factors & how relationships are extremely important”* Housing support worker- South Lanarkshire Council