oneplusone

WELCOME!

...to OnePlusOne's practitioner training. You will be trained in the use of three digital resources designed to reduce parental conflict with three different audiences:

- **Me, You and Baby Too**
  for new parents

- **Arguing better**
  for parents experiencing stress and conflict

- **Getting it Right for Children**
  for separating or separated parents

Having constructive, supportive relationships has never been more important. These evidence-based resources have been built to help couples strengthen their relationship and manage their conflict better, and to help separated parents understand how conflict can affect their children.

Who is the training for?

This training is for anyone who works with parents or families.

What can I expect to learn?

The sessions aim to enhance your knowledge, understanding, skills, and confidence to work with parents. By the end of the training you will be able to:

- Raise parents' awareness of the issue of parental conflict.

- Use digital resources to help parents recognise conflict.

- Enable parents to develop positive communication skills and helpful conflict behaviours.

"The two facilitators were brilliant, and their knowledge and presentation was excellent."

"Really great trainers and kept everyone engaged ... I liked how it was split over two sessions."

"Very engaging as well as interactive."

"Excellent, the protected time to look at the resources worked extremely well."

"Thank you very much - fantastic ideas and useful resource tool easy to follow."

"Videos for me were really good as they relate and show real life situations and show better ways of arguing."

How is the training delivered?

This is a digital training, which takes place on Microsoft Teams.
It is delivered over two consecutive half-days. Each day's training
is three hours.

Session 1:

- The impact of parental conflict on children's outcomes.
- Background to the design of the digital resources.
- Introduction to OPO digital resources.

Session 2:

- A chance to explore the digital resources for yourself.
- Skills for working with parents.
- Further help and support.

What do I need to know before the training starts?

There are a couple of things to be aware of before the training starts:

- We want to see and hear you. Please turn on your camera
  and microphone at the start of the training as we value your
  participation and contributions.

- You will be given a chance to explore the three digital resources –
  please be aware that these won't work on Internet Explorer, so it's
  best to use an alternative browser such as Chrome, Mozilla Firefox,
  Microsoft Edge, or Safari. If you usually use Internet Explorer,
  you should find that Microsoft Edge is already installed on your
  computer.

During the training, you will be given access to a digital practitioner
guide and other helpful documents to support you when using the
digital resources with parents.

**We hope you are looking forward to the training,
and to adding these three resources to your toolbox.
We are looking forward to meeting you.**