



# BEING OUR BEST

*This year, due to a training grant from Region we are providing County Day at £15 for the day including a hot lunch and all training sessions.*

**Date: Saturday 30<sup>th</sup> March 2019 10.00 - 16.00 (registration from 9.15)**

**Where: The Cottesloe School, Aylesbury Road, Wing, Leighton Buzzard, LU7 0NY**

**Cost: £15 for all Sessions will be booked on a first come first served basis. Remember this is an allowable unit expense**

9.30		Arrive and Register	Aim
10.00-10.45		Speaker: The New Programme and The Five Essentials	To ensure that leaders continue to provide a balanced and varied programme within the new programme and avoid termly focus on a single theme
11.00	A1 A2	New Programme Overview	<ul style="list-style-type: none"> <li>To learn about the different elements of the New Programme, how it spans all sections and how to apply it practically in the unit</li> </ul>
	A3	IT Skills for the unit	<ul style="list-style-type: none"> <li>To equip leaders with basic IT skills, password protecting documents; blind copying emails; using the online print centre; creating posters and fliers; Girlguiding Branding</li> </ul>
	A4	GDPR in the unit	<ul style="list-style-type: none"> <li>To develop an understanding of how GDPR affects management of the unit</li> </ul>
	A5	GO training	<ul style="list-style-type: none"> <li>To equip leaders with the skills necessary to use GO efficiently in the unit</li> </ul>
	A6	Supporting Girls with Additional Needs (including Challenging Behaviour)	<ul style="list-style-type: none"> <li>To help leaders develop skills to ensure all young people have access to Guiding</li> <li>To develop strategies for dealing with challenging behaviour from young people</li> </ul>
	A7 A8	Unit Programme Planning	<ul style="list-style-type: none"> <li>Explore the 7 steps to creating a balanced and varied programme</li> <li>Ensure planning is girl led</li> <li>Create a draft programme</li> </ul>
	A9	LQ support and progress	<ul style="list-style-type: none"> <li>To provide an opportunity for leaders working on LQ to discuss progress and issues with the County LQ coordinator</li> </ul>
	A10	Safe Space Level 2 chats/drop in and chat	<ul style="list-style-type: none"> <li>Provide an opportunity for leaders needing to complete Safe Space Level 2 chats</li> </ul>
12.15		Lunch, then please do visit the Market Place	

Afternoon sessions choose two first and two second choices

Session 1 ABC Awards/ Books/Celebrations	A 13.15 B 14.30	<ul style="list-style-type: none"> <li>• Explore the awards available</li> <li>• Explore interest badges and anniversary badges</li> <li>• Look at examples of books for all sections and how they fit into programme planning</li> </ul>
Session 2 Unit meeting activities and skills builders	A 13.15 B 14.30	<ul style="list-style-type: none"> <li>• Focus on UMAs and Skills builders; understand how UMA and skills builders fit into the programme; discuss how to support girls to select the right stage for themselves</li> </ul>
Session 3 Unit meeting activities and skills builders:	A 13.15 B 14.30	<ul style="list-style-type: none"> <li>• Focus on UMAs and Skills builders; understand how UMA and skills builders fit into the programme; discuss how to support girls to select the right stage for themselves</li> </ul>
Session 4 GO and the New Programme	A 13.15 B 14.30	<ul style="list-style-type: none"> <li>• Practical session to enable leaders to record achievements on GO effectively</li> </ul>
Session 5 Craft for Fun	A 13.15 B 14.30	<ul style="list-style-type: none"> <li>• For leaders to take some time for themselves and do a craft activity for their enjoyment</li> </ul>
Session 6 Mindfulness and relaxation	A 13.15 B 14.30	<ul style="list-style-type: none"> <li>• For leaders to consider time management and taking some valuable time for themselves</li> </ul>
15.45 Farewell and Thanks		
16.00 Depart		



# BEING OUR BEST Application Form

PLEASE USE ONE FORM PER PERSON & PRINT CLEARLY - we use this information to produce your name badge and certificate

Name:..... Membership Number .....

Address: .....

..... Post Code: .....

Tel: ..... E-mail: .....

Please include an email address, to save costs we will contact you by email wherever possible.

Please list your current role(s) in guiding. e.g. Commissioner, Rainbow, Brownie/Guide Leader, Young Leader etc.	How long have you held this/these role(s)?

Unit(s): .....

District/Division/County .....

Lunch will be provided - please list any dietary requirements\* .....

Do you have any mobility or access requirements? Please list\*.....  
*\*Please continue overleaf if necessary.*

Please choose: one morning session and two afternoon sessions and second choice sessions

A 11.00 1<sup>st</sup> Choice ..... 2<sup>nd</sup> Choice..... B 13.15 1<sup>st</sup> Choice ..... 2<sup>nd</sup> Choice .....

C 14.30 1<sup>st</sup> Choice ..... 2<sup>nd</sup> Choice .....

**Closing date for applications: 15<sup>th</sup> March 2019 or when all places are filled which may be earlier**

All bookings will be £15 per person

Amount Paid \_\_\_\_\_

Please make cheques payable to: **Guide Association of Buckinghamshire** (unit cheques please) - remember training fees are a justifiable unit expense. On confirmation of booking we will email you your sessions

If you require a map please tick this box.

Forms: Please send your application form and cheque to: **Girlguiding Bucks, County Office, 3 Walton Terrace, Walton St, Aylesbury HP21 7QY. Please mark the envelope 'Being Our Best'**