



What is Bitesize?

Our bitesize training is delivered by our experienced practitioners from our **Be U Notts service** and is aimed at professionals in **Nottingham City and Nottinghamshire** who are wanting to develop their knowledge and skills set on a wide variety of topics.

We are passionate about having the hard conversations and deep diving into hot topics. We want to work with you to build services that are equipped with **awareness, insight and confidence** to ensure we are collectively delivering the best services we can to the families that we serve. If you do too, then our bite size training sessions might just be for you!

Our sessions are all delivered online via Zoom and you can purchase your **FREE** ticket on Eventbrite

Each session is an hour long

You can choose between either

Morning: **10AM**

or

Afternoon: **2PM**



Book your place here!

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5th June	10am or 2pm	Supporting young people during times of transition
12th June	10am or 2pm	Cultural considerations when working with young people
18th June	10am or 2pm	Gender identity
26th June	10am or 2pm	Promoting wellbeing in education settings
3rd July	10am or 2pm	Online Grooming.
10th July	10am or 2pm	Developing Emotional Literacy-Under 11's
16th July	10am or 2pm	Body Image
24th July	10am or 2pm	Managing Risk-Young people presenting with concerning behaviours
31st July	10am or 2pm	Child sexual exploitation
7th August	10am or 2pm	Behaviours that Challenge
13th August	10am or 2pm	CYP Disability-An Enabling Approach.





21st August

10am
or
2pm

Creating Safety-a trauma informed approach

28th August

10am
or
2pm

Eating Disorders

4th Sept

10am
or
2pm

Promoting Online Safety and a healthy use of Social Media

10th Sept

10am
or
2pm

Promoting positive self-esteem and confidence building



Please do share with other relevant professionals or organisations

