

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 bests 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!

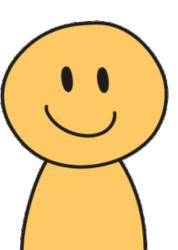
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10th July	10am or 2pm	Developing Emotional Literacy- Under 11's
16th July	10am or	Body Image

24th July	10am or 2pm	Managing Risk-Young people presenting with concerning behaviours

2pm

	10am	
31st July	or 2pm	Child sexual exploitation
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7th August	Á	or	Behaviours that Challenge
		2pm	

13th August	10am or	CYP Disability-An Enabling
	2pm	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

