



Transformational Work with Young People

Positive psychology for Professionals working with children and young people

Accredited CPD with The Institute of Leadership (UK)

Dates: One day a month, from October to April (seven months)

Time: 9:30am - 4:30pm

Venue: Wasps– Inverness Creative Academy, Inverness

Cost: £350 which includes the £78 CPD accreditation fee via The Institute of Leadership

- 7 days of training in Transformational Youth work and Positive Psychology applied to working with disengaged young people, consisting of 2 induction days followed by 5 one-day sessions (spread over 7 months).
- This professional training provides transferable skills that can be used in all work with young people.
- To apply for a space, please contact admin@growing2gether.org.uk

This training programme is open to anyone who works in some capacity for the well-being of young people – from youth workers, to guidance teams, social workers, counsellors, third sector, who aim for what is best and highest for them.

The application of positive and transpersonal psychology means empowering young people to make positive choices in their lives and providing them with the conscious skills to implement them.

All young people in Scotland should have the best chance to fulfil their potential. No child should feel that they do not belong, nor believe they have no future.

Transpersonal psychology provides a holistic psychological approach focused on enabling individuals to access more of their potential; on developing self-awareness and personal responsibility; and on recognising the importance of meaning as requirements for wellbeing and positive engagement with society. Combined, we find a congruent pedagogy with transpersonal psychology and positive psychology, a branch of mainstream psychology that was founded in 1998 by Seligman (Seligman 1998). Positive Psychology has added scientific

rigour and has become more established over the past decade. More recently, a systematic review concluded that interventions using Positive Psychology led to reductions in mental health symptoms, as well as increases in wellbeing. These interventions are extremely useful and popular, considering their large-scale development and low cost. This methodology focuses on bringing out the unique potential of young people, rather than seeing them as a 'problem,' and empowering them with life skills, work experience and a deeper understanding of who they are.

Training Modules include:

- Establishing a 'container' to firmly and positively hold disengaged young people
- Values, Transformational Education, a potential-orientated approach, relating to more than surface behaviour (values lead to attitudes which leads to behaviour)
- Forming healthy attachment with young people, attachment theory, relational dynamics, mentoring and role modelling. Building healthy attachments through relationship
- Facilitating young people to learn skills of self-reflection – awareness of choice and consequence – making choices that get the outcomes they want
- Reframing – turning challenges/problems into developmental steps forward and into a learning experience
- A transformational approach, Mindfulness, becoming a reflexive practitioner
- Mindsets – shifting from a negative (I can't) to a positive – based on work of Dr Carol Dweck
- Group dynamics: process vs. content, stages of group dynamics, the need for both inclusion and self-assertion
- Adolescent and youth development: working with challenging behaviour, conflict resolution. Relating to the deeper need behind behaviour (includes Erik Erikson's developmental stages)
- Young people and internal multiplicity: finding identity, trying out different identities
- Positive Psychology and Appreciative Inquiry: their value and application to education
- A Coaching approach, coaching skills and application

Training Dates: All days 9:30am – 4:30pm

- Induction Session 1: Monday 6th October 2025
- Induction Session 2: Monday 3th November 2025
- Session 3: Monday 15th December 2025
- Session 4: Monday 26th January 2026
- Session 5: Monday 23rd February 2026
- Session 6: Monday 23rd March 2026 ([online](#))
- Session 7: Monday 20th April 2026

Location: Wasps Inverness Creative Academy

Venue for Session 1 is the **Gym Hall** – thereafter we meet each month in the **Workshop**.

Due to the approach that Growing2gether takes with young people, and the multi-levelled skills that are necessary, you will go through a carefully constructed training curriculum that builds your abilities to work with this more marginalised group. The training's intensive nature requires people to work on themselves in much the same way that they will be working with young people. This experiential form of teaching, mixed with theory, is based on a confluent educational approach, integrating personal experience with theoretical understanding of the material. This approach recognises the value of 'learning by experience', which enables you to more fully integrate the theoretical content of the course.

Comments from previous participants

- 'Having never studied anything like this, I've had my eyes opened and I'm looking at what I do at school differently.'
- 'An eye-opening course which would benefit all who work in education.'
- 'I liked all aspects of the course and really enjoyed the people on it.'
- 'I felt the session on becoming a reflexive practitioner and working with challenging young people topics were important and will support my everyday practice.'
- 'Your approach to working with challenging behaviour is particularly helpful in helping young people to take responsibility.'
- 'I found the transformational approach to working with young people, working with challenging young people and a coaching methodology particularly useful and applicable to all my work with young people.'
- Video feedback ([link](#))

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT
admin@growing2gether.org.uk

About the Trainers

Diana Whitmore (Founder and Co-CEO of Growing2gether), MA Education, is a psychosynthesis (positive psychology) practitioner, who designs and delivers professional training in the fields of youth work, business coaching, psychotherapy and counselling. She has worked with young people for over 27 years and has founded three charities over a 35-year period. Diana is the author of two books, *Psychosynthesis in Education: A Guide to the Joy of Learning* and *Psychosynthesis Counselling in Action*.



Gavin Morgan (Co-CEO of Growing2gether) PGDip CLD/ BA Business, has over 25 years experience across public, private and third sector organisations and currently sits as vice co-chair on the CLD Standards Council Registration Committee. He is passionate about community, learning and development and has extensive experience working with children, young people and adults across a variety of settings.



Growing2gether: Who We Are ([weblink](#))

All young people in Scotland should have the best chance to fulfil their potential. No child should feel that they don't belong. No young person should believe they have no future. Growing2gether offers two innovative programmes, which give disengaged young people the confidence, life skills and self-belief to thrive. Since January 2017, we have empowered over 2800 young people/children in the 15% most deprived area. We are currently delivering in Highland, Aberdeen and Moray.

"Growing2gether gave me confidence and made me know for sure that I want to work in a nursery when I am older. I know I will have to work hard at school now if I want to get there." (14 year old participant). Long-term, 93% of young people achieve in further education/training/work.

Our Programmes

Growing2gether offers two innovative programmes, which give disengaged young people the confidence, life skills and self-belief to thrive.



1. [Growing2gether Nursery Mentoring](#) is a 16-week programme that gives young people the skills to address underlying issues that can lead to becoming disengaged; such as low self-esteem, low aspiration, and educational attainment. The programme provides the opportunity for young people to volunteer in local nurseries as a mentor and role model to children needing additional support. Through the programme the young people can gain an SCQF level 4 qualification in Personal Development('Self in Community' and 'Self-Awareness').
2. **Growing2gether Community** [Youth Social Action](#) is a 16-session social action programme where young people design and deliver their own youth-led community projects, supported by community mentors. Throughout the process of designing and implementing projects to make their community better, young people acquire valuable skills that will help them in their future careers as well as in their educational and personal lives. They learn many work related skills including teamwork, cooperation, leadership, communication, financial (budgeting) and negotiation.

