TRAINING
BROCHURE

**Safer
Resolutions
Training**

Safer Outcomes for Everyone Involved

2025 Edition

ABOUT US

Resolution Training Ltd and Personal Safety Partnership Ltd are thrilled to announce a strategic collaboration culminating in the formation of "Safer Resolutions Training", a new entity poised to deliver unparalleled training solutions in security, risk management, and personal safety. This exciting development combines the extensive expertise and proven track records of both organisations to offer a comprehensive and enhanced training experience.

Resolution Training Ltd brings over three decades of industry experience to Safer Resolutions Training, establishing a solid foundation built on providing comprehensive training services across a wide range of security and risk management disciplines. Their reputation is synonymous with high-quality, tailored training programs meticulously designed to meet the diverse and evolving needs of a broad client base, including corporate, public sector, and non-profit organizations. Their expertise encompasses areas such as security management, risk assessment, crisis management, and business continuity.

Personal Safety Partnership Ltd is a recognised leader in specialized training, with a focused expertise in crucial areas such as security protocols, physical intervention and restraint techniques (emphasising de-escalation and minimising harm), search procedures (including legal considerations and best practices), and self-harm prevention and intervention strategies. Their mission-driven approach has demonstrably helped numerous organizations enhance safety protocols, effectively mitigate risks, and achieve positive outcomes in often challenging and complex environments, particularly within healthcare, education, and social care settings.

The formation of Safer Resolutions Training represents a significant step forward, combining the deep knowledge, practical skills, and innovative training methodologies of both parent organisations. This collaboration allows Safer Resolutions Training to offer an even broader and more integrated range of bespoke training solutions. These solutions are meticulously crafted to empower professionals at all levels, elevate safety standards across diverse sectors, and foster a culture of excellence within organisations. Clients will benefit from a more holistic and streamlined training experience, accessing a comprehensive suite of programs covering everything from foundational security and risk management principles to highly specialized techniques in areas such as conflict resolution, physical intervention, and mental health awareness.

Safer Resolutions Training is committed to setting new benchmarks in training delivery, ensuring clients receive best-in-class, practical, and impactful solutions. The newly formed company will leverage innovative training methodologies, including scenario-based learning, simulations, and interactive workshops, to maximise engagement and knowledge retention. Whether the objective is to bolster workplace safety, implement robust and proactive risk management strategies, enhance organisational resilience, or equip staff with the skills to manage challenging situations confidently and safely, Safer Resolutions Training stands as a trusted and comprehensive training partner. This collaborative effort provides a single, unified source for organisations seeking to enhance safety, security, and risk mitigation across a wide spectrum of operational areas, providing a seamless and efficient training experience.

TRAINING AND SERVICES

We offer a diverse range of expert training courses, all designed to enhance safety, not only physically but morally ethically and legally, ensuring that your team are trained to the highest standards and that you also meet the safeguarding requirements to all that you owe a duty of care to.

Our courses include:

- **Suicide and Self-Harm Awareness, Prevention and Reduction**
- **Bullying Reduction and Intervention**
- **Student and Lone Worker Safety**
- **Conflict Prevention and Management**
- **Searching Young People and Adults Safely**
- **Gap Year Safety/Safe Travelling**

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SUICIDE AND SELF-HARM AWARENESS, PREVENTION AND REDUCTION

This course is designed for professionals in healthcare, education, social services, and other sectors who work closely with individuals at risk of self-harm or suicide. It is also suitable for those seeking to enhance their understanding of these critical issues.

Course Objectives:

Participants will:

- Develop a comprehensive understanding of self-harm and suicide, including definitions, behaviours, and underlying causes.
- Learn to recognise warning signs and risk factors associated with self-harm and suicidal ideation.
- Gain practical strategies to support and assist individuals engaging in self-harming behaviours or experiencing suicidal thoughts.
- Understand the importance of communication, empathy, and creating a safe environment to facilitate recovery and prevent further harm.

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Course Content:

1. **Introduction to Self-Harm**
- Definition and types of self-harming behaviours.
- Common myths and misconceptions about self-harm.
- Prevalence and demographics: Who is affected and why?

2. **Understanding Why People Self-Harm**
- Psychological, emotional, and social factors contributing to self-harm.
- The relationship between self-harm and mental health conditions (e.g., depression, anxiety, trauma, and borderline personality disorder).
- Coping mechanisms and the role of self-harm as a form of emotional regulation.

3. **Recognising Signs and Risk Factors**
- Physical and behavioural indicators of self-harm.
- Identifying risk factors for suicidal thoughts and behaviour.
- Assessing the level of risk and determining appropriate responses.

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4. Strategies to Help and Support
- Building trust and rapport with individuals who self-harm.
- Effective communication techniques: Active listening, empathy, and non-judgemental responses.
- Practical interventions to reduce immediate risk, including de-escalation techniques and safety planning.
- Long-term strategies: Encouraging help-seeking behaviours and connecting individuals with professional support services.
- Role of multidisciplinary collaboration in supporting individuals at risk.

5. Suicide Prevention
- Understanding the warning signs of suicidal thoughts.
- Strategies to intervene and provide immediate support.
- The importance of postvention: Supporting communities and individuals affected by suicide.

6. Creating a Supportive Environment
- The role of organisations in fostering a culture of safety and awareness.
- Implementing policies and procedures for effective response to self-harm and suicide risk.
- Promoting mental health and well-being in the workplace and community.

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Training Methods:

This course utilises a combination of:

- Interactive lectures and discussions.
- Case studies and real-world scenarios.
- Role-playing exercises to practise intervention strategies.
- Group activities to foster collaboration and shared learning.

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Learning Outcomes:

- Upon completion of this course, participants will:
- Be equipped with knowledge and skills to identify and support individuals at risk of self-harm and suicide.
- Understand the importance of early intervention and the role they can play in prevention.
- Feel confident in applying strategies and interventions to reduce harm and promote recovery.

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Certification

Participants who complete the course will receive a **Certificate of Attendance**, recognizing their commitment to Preventing and Reducing Suicide and Self-HArm

SUICIDE AND SELF-HARM (SASH) AWARENESS, PREVENTION AND REDUCTION

WHAT YOU NEED TO KNOW

Course Duration: 1 Day   (Usually 0930-1630)

Number of Attendees: Up to 16

Delivery Options: In-Person   Online

Refresher Period: Every 2 years

Cost: **£900 + VAT**

Additional Delegates: **£50 + VAT**

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BULLYING REDUCTION AND INTERVENTION (BRAIN)

This course is designed for professionals in education, healthcare, social services, and community organizations who work with individuals affected by bullying and violence. It is also suitable for those seeking to enhance their knowledge of prevention strategies and interventions to address these critical issues.

Course Objectives:

Participants will:

1. Gain a thorough understanding of bullying and violence, including definitions, behaviours, and underlying causes.

2. Learn to identify signs and risk factors of bullying and violence in various settings.

3. Develop practical strategies to intervene, reduce harm, and support individuals impacted by bullying and violence.

4. Understand the importance of fostering empathy, communication, and a safe environment to prevent and address harm effectively.

Course Content

1. Introduction to Bullying and Violence

- Definitions and types of bullying and violence (e.g., physical, verbal, cyberbullying).
- Myths and misconceptions about bullying and its impact.
- Prevalence and demographics: Who is affected, where, and why?

2. Understanding the Causes of Bullying and Violence

- Psychological, emotional, and social factors contributing to bullying and violent behaviours.
- The connection between bullying, aggression, and mental health challenges.
- The role of peer pressure, power dynamics, and societal influences in perpetuating violence.

3. Recognizing Signs and Risk Factors

- Behavioural, emotional, and physical indicators of bullying and violence.
- Identifying individuals at risk as victims, perpetrators, or bystanders.
- Assessing the level of threat and determining appropriate responses.

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4. Strategies for Prevention and Intervention

- Building trust and creating open communication channels with individuals involved.
- Techniques for conflict resolution, de-escalation, and restorative practices.
- Practical interventions for immediate and long-term support, including safety planning.
- Encouraging bystander intervention and empowering individuals to stand against bullying.
- Promoting access to professional resources and community support networks.

5. Promoting a Culture of Respect and Safety

- The role of schools, workplaces, and communities in reducing bullying and violence.
- Establishing policies and procedures to address incidents effectively.
- Incorporating anti-bullying programs and training to promote awareness and prevention.
- Encouraging diversity, inclusion, and mutual respect to prevent conflicts.

6. Supporting Recovery and Building Resilience

- Strategies for supporting individuals recovering from bullying or violence.
- The importance of mental health care, counselling, and peer support programs.
- Building resilience and self-confidence in affected individuals.
- Postvention strategies to help communities heal after incidents of violence.

Training Methods

This course incorporates:

- **Interactive lectures** with group discussions to explore concepts and real-world applications.
- **Case studies** and scenario-based exercises to analyse and address bullying and violence.
- **Role-playing** activities to practice conflict resolution and intervention techniques.
- **Collaborative group work** to encourage shared learning and diverse perspectives.

Learning Outcomes

By the end of the course, participants will:

- Understand the dynamics of bullying and violence, including their causes and consequences.
- Be equipped with effective strategies to identify, prevent, and address these behaviours.
- Feel confident in fostering positive, inclusive environments that reduce harm.
- Be able to collaborate effectively with multidisciplinary teams to support affected individuals.

Certification

Participants who complete the course will receive a **Certificate of Attendance**, demonstrating their commitment to creating safer and more respectful environments.

BULLYING REDUCTION AND INTERVENTIONS (BRAIN)

WHAT YOU NEED TO KNOW

Course Duration:	1 Day (Usually 0930-1630)
Number of Attendees:	Up to 16
Delivery Options:	In-Person Online
Refresher Period:	Every 2 years
Cost:	**£900 + VAT**
Additional Delegates:	**£50 + VAT**

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CONFLCT PREVENTION AND MANAGEMENT

This course is designed for university and college students, faculty, and staff who wish to improve their ability to prevent, de-escalate, and manage conflicts effectively. It is suitable for individuals seeking to build healthier relationships, foster collaboration, and create positive environments in academic and professional settings.

Course Objectives:

Participants will:

1. Gain a thorough understanding of the dynamics of conflict, including its causes, stages, and potential outcomes.
2. Learn to identify early signs of conflict and understand personal and interpersonal triggers.
3. Develop practical skills for preventing, de-escalating, and resolving conflicts constructively.
4. Understand the importance of empathy, active listening, and communication in managing conflicts.

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Course Content

1. Introduction to Conflict Prevention and Management

- Definitions and types of conflict in academic and workplace settings.
- Myths and misconceptions about conflict.
- The role of conflict in personal growth and relationship building.

2. Understanding the Dynamics of Conflict

- Causes of conflict: Miscommunication, values differences, and power dynamics.
- Stages of conflict: Early warning signs, escalation, and resolution.
- The emotional and psychological impact of unresolved conflict.

3. Identifying Early Signs and Triggers

- Recognizing verbal and non-verbal cues that signal conflict.
- Understanding personal conflict styles and their impact on interactions.
- Assessing the environment and dynamics that contribute to tension.

4. Strategies for Conflict Prevention and De-escalation

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- Building strong communication skills to prevent misunderstandings.
- Techniques for active listening, empathy, and validation.
- De-escalation strategies to reduce tension and promote calm discussions.
- Setting boundaries and maintaining professionalism during disagreements.

5. Resolving Conflicts Constructively

- Collaborative problem-solving techniques for win-win outcomes.
- Mediation and facilitation strategies to address group conflicts.
- Addressing challenging behaviours and overcoming impasses.
- Developing action plans to ensure long-term resolution and trust rebuilding.

6. Fostering a Positive and Collaborative Environment

- The role of leadership in promoting conflict prevention.
- Encouraging a culture of respect, diversity, and inclusion.
- Institutional policies and practices that support conflict management.
- Building trust and fostering teamwork to prevent future conflicts.

Training Methods

This course incorporates:

- Interactive lectures to provide foundational knowledge and practical techniques.
- Role-playing exercises to practice conflict resolution and de-escalation skills.
- Case studies to analyse real-world scenarios and develop strategic responses.
- Group discussions to share perspectives and foster collaborative learning.

Learning Outcomes

By the end of the course, participants will:

- Understand the dynamics and root causes of conflicts in academic and professional settings.
- Be equipped with practical tools to prevent, de-escalate, and resolve conflicts constructively.
- Feel confident in fostering positive communication and collaboration.
- Contribute to a culture of respect, understanding, and teamwork within their institutions.

Certification

Participants who complete the course will receive a **Certificate of Attendance**, recognizing their commitment to building harmonious and productive environments through effective conflict management.

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CONFLCT PREVENTION AND MANAGEMENT

WHAT YOU NEED TO KNOW

Course Duration: **Full Course**   1 Day   (Usually 0930-1630)

Short Course   3 hours

Number of Attendees: Up to 16

Delivery Options: In-Person

Online

Suggested Refresher Period: Every 2 years

Costs

Full Course   **£900 + VAT**

Short Course: **£500 + VAT**

Additional Delegates:

Full Course   **£50 + VAT per person**

Short Course   **£30 +VAT per person**

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STUDENT AND LONE WORKER SAFETY (SLOWS)

This course is designed for university and college students, faculty, and staff who may work, study, or travel alone. It is suitable for individuals seeking to enhance their awareness of potential safety risks and develop practical strategies to protect themselves and others in various settings.

Course Objectives:

Participants will:

1. Gain a thorough understanding of safety risks faced by lone workers and students, including situational awareness and personal safety strategies.

2. Learn to identify potential threats, recognize warning signs, and respond effectively to challenging situations.

3. Develop practical skills to reduce risks, de-escalate conflicts, and enhance personal security.

4. Understand the importance of creating a culture of safety and mutual support within academic and professional environments.

Course Content

1. Introduction to Lone Worker and Student Safety

- Overview of lone working and studying: What it is and why it matters.
- Common safety risks in academic and workplace settings.
- Legal and institutional responsibilities for lone worker and student safety.

2. Understanding Safety Risks and Challenges

- Environmental, behavioural, and situational factors that contribute to safety risks.
- The impact of stress, isolation, and communication barriers on safety.
- The role of technology in enhancing or compromising safety.

3. Identifying Risks and Warning Signs

- Recognizing potential threats, including harassment, stalking, and workplace violence.
- Behavioural and situational indicators of escalating risks.
- Assessing environments for vulnerabilities and implementing precautionary measures.

4. Strategies for Personal Safety and Risk Reduction

- Techniques for situational awareness and staying vigilant in different environments.
- De-escalation and conflict resolution strategies to manage tense situations.
- Practical self-defence tips and emergency response planning.
- Utilizing personal safety tools, apps, and resources effectively.

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5. Promoting a Culture of Safety

- The importance of open communication and reporting safety concerns.
- Establishing policies and procedures to support lone workers and students.
- Building supportive networks and fostering a sense of community.
- Encouraging shared responsibility for maintaining safe environments.

6. Supporting Recovery and Resilience

- Accessing support and counselling after safety incidents.
- Building resilience to handle future challenges.
- Empowering individuals to advocate for safety and security within their communities.

Training Methods

This course incorporates:

- **Interactive lectures** to provide key concepts and safety strategies.
- **Case studies** and real-world scenarios to analyse and apply safety principles.
- **Role-playing** exercises to practice de-escalation and emergency response skills.
- **Collaborative discussions** to encourage shared experiences and diverse perspectives.

Learning Outcomes

By the end of the course, participants will:

- Understand the unique safety challenges faced by lone workers and students in academic settings.
- Be equipped with practical strategies to assess and mitigate risks effectively.
- Feel confident in responding to threats and maintaining personal security.
- Contribute to a culture of safety and mutual support within their institutions.

Certification

Participants who complete the course will receive a **Certificate of Attendance**, demonstrating their commitment to fostering safe and secure environments for themselves and their communities.

WHAT YOU NEED TO KNOW

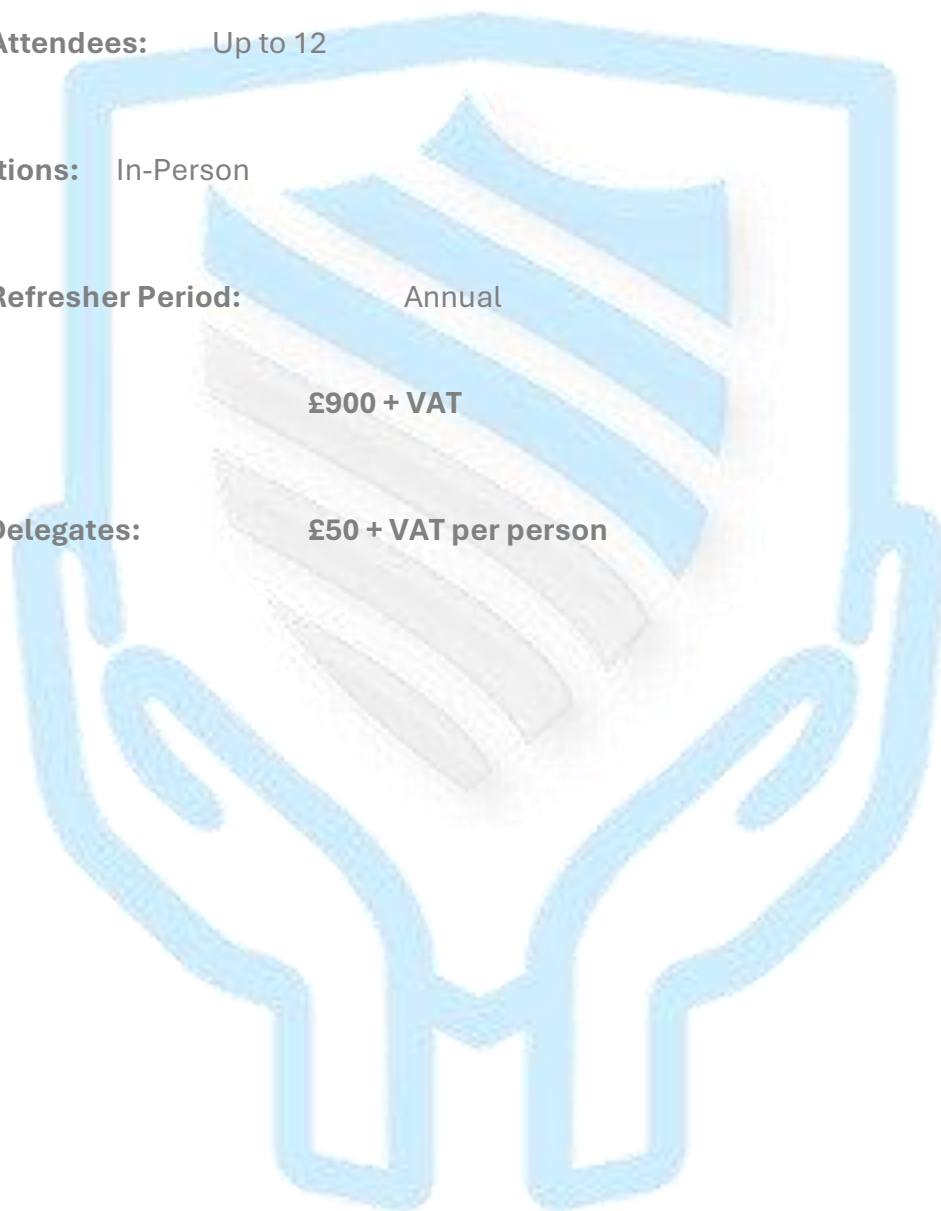**Course Duration:**   1 Day   (Usually 0930-1630)

Number of Attendees: Up to 12

Delivery Options: In-Person

Suggested Refresher Period: Annual

Costs   **£900 + VAT**

Additional Delegates: **£50 + VAT per person**

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SEARCHING YOUNG PEOPLE AND ADULTS SAFELY

This course is suitable for professionals in security, education staff, and related fields who are responsible for maintaining safety and security while upholding the rights and dignity of individuals. This course is designed to provide participants with the knowledge and skills required to conduct searches of individuals in a lawful, professional, and dignified manner. Emphasis will be placed on the correct use of handheld metal detectors, compliance with relevant legislation, and the importance of respecting individuals' rights, including considerations for those identifying as LGBTQ+.

Course Objectives:
Upon completion of this course, participants will be able to:

1. Understand the legal framework governing the search of individuals.
2. Conduct searches in a lawful and dignified manner.
3. Operate a handheld metal detector effectively and appropriately.
4. Recognise and address specific considerations for individuals from the LGBTQ+ community.
5. Maintain accurate and secure records of searches conducted.

Course Content:

1. Legal Framework:

- Overview of legislation permitting personal searches, such as:
    o Police and Criminal Evidence Act (PACE) 1984 (for law enforcement).
    o The Education Act 1996
    o Workplace policies and sector-specific guidelines for private security.
    o Human Rights Act 1998 – Article 8 (Right to respect for private and family life).
- Understanding the balance between safety/security and individual rights.
- Key considerations in avoiding unlawful searches and potential claims of discrimination or harassment.

2. Conducting Searches Lawfully and With Dignity:

- The purpose of personal searches and the role of risk assessment.
- Step-by-step guidance on conducting a lawful search:
    o Obtaining consent where appropriate.
    o Explaining the purpose and process to the individual.
    o Minimising physical contact and avoiding invasive methods unless strictly necessary and permitted by law.
- Maintaining professionalism and avoiding assumptions or prejudices.
- Procedures for same-sex searches and scenarios where discretion is required.

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3. Using a Handheld Metal Detector:

- Introduction to handheld metal detectors:
    o Principles of operation.
    o Common features and limitations.
- Best practices for effective use:
    o Calibration and maintenance.
    o Scanning techniques to ensure thorough coverage while respecting personal space.
- Identifying and responding to alerts appropriately.

4. LGBTQ+ Considerations:

- Understanding and respecting diverse identities:
    o Gender identity and expression.
    o Preferred names and pronouns.
- Adapting search protocols to ensure inclusivity:
    o Offering choice of male or female searcher, where practical.
    o Managing situations involving non-binary or transgender individuals with sensitivity and respect.
- Legal protections under the Equality Act 2010 and implications for search practices.

5. Record Keeping:

- Importance of accurate and secure documentation:
    o Legal and procedural compliance.
    o Protection against disputes or allegations.
- Key elements to record:
    o Date, time, and location of the search.
    o Name and role of the individual conducting the search.
    o Details of the individual searched, ensuring data protection compliance.
    o Reason for the search and outcomes.
- Confidentiality considerations and secure storage of records.

Training Methods

This course incorporates:

- **Interactive lectures** to provide key concepts and safety strategies.
- **Case studies** and real-world scenarios to analyse and apply safety principles.
- **Practical exercises** to learn and practice new searching skills
- **Collaborative discussions** to encourage shared experiences and diverse perspectives

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Learning Outcomes

By the end of the course, participants will:

- Understand the legal framework permitting personal searches
- Be equipped with practical skills to search lawfully and with dignity both manually and with a handheld metal detector
- Understand and respect diverse identities and cultures in relation to searching
- Record and report searches and any finds accurately and securely

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Assessment and Certification:

Participants will be assessed through a combination of practical demonstrations and a short test to confirm their understanding of the material. Successful participants will receive a **certificate of completion**, validating their competency in conducting lawful and dignified personal searches.

WHAT YOU NEED TO KNOW

Course Duration: 1 Day   (Usually 0930-1630)

Number of Attendees: Up to 12

Delivery Options: In-Person

Suggested Refresher Period: Annual

Costs   **£900 + VAT**

Additional Delegates: **£50 + VAT per person**

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GAP YEAR AND TRAVEL SAFETY

This comprehensive Travel Safety course is specifically designed for young people preparing to embark on a gap year. Whether traveling independently or with friends, this course equips participants with the essential skills and knowledge to stay safe, make informed decisions, and navigate the challenges associated with international travel.

Participants will learn strategies to mitigate risks, respond to emergencies, and avoid common pitfalls encountered by travellers. This course offers practical advice and tools to ensure a safer and more enjoyable experience abroad.

Course Objectives

By the end of this course, participants will be able to:

1. **Understand Risk Mitigation:** Identify potential risks associated with travel and implement strategies to minimise them before and during their trip.
2. **Enhance Personal Safety Awareness:** Develop situational awareness to reduce the likelihood of becoming a victim of crime or scams.
3. **Handle Emergencies Effectively:** Understand how to respond to various emergencies, such as accidents, theft, or loss of travel documents.
4. **Avoid Common Scams:** Recognise and avoid scams commonly targeting tourists and young travellers.
5. **Plan for Safety Abroad:** Prepare adequately for their trip with essential safety tips on packing, communication, and cultural awareness.

Course Content

1. **Pre-Travel Preparation**

   - Researching destinations and understanding local laws and customs.
   - Securing travel insurance and keeping emergency contact information accessible.
   - Packing essentials for safety and health, including first-aid kits and copies of critical documents.
   - Digital safety: securing devices and protecting personal data while abroad.

2. **Reducing Risk While Traveling**

   - Practising situational awareness in urban and rural settings.
   - Utilising public transport safely and choosing secure accommodation.
   - The importance of checking in regularly with family or friends.
   - Identifying and avoiding high-risk areas or activities.

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3. **Responding to Trouble While Abroad**

   - Steps to take if involved in theft, assault, or other emergencies.
   - Navigating local law enforcement and embassy resources.
   - Medical emergencies: finding healthcare providers and using travel insurance.
   - Dealing with lost or stolen passports and other essential documents.

4. **Avoiding Common Scams**

   - Recognising travel-related scams, including fake guides, overcharging, and staged incidents.
   - Understanding how to verify service providers and offers.
   - Avoiding unsolicited assistance or offers that seem too good to be true.

5. **Self-Care and Mental Wellbeing**

   - Recognising signs of stress and burnout while traveling.
   - Coping strategies for homesickness and culture shock.
   - Building resilience and staying connected with support networks.

Training Methods

This course incorporates:

   - **Practical demonstrations** on essential safety measures.
   - **Group discussions** to share insights and experiences.
   - **Digital resources** and follow-up materials for ongoing reference.

Certification

Participants who complete the course will receive a **Certificate of Attendance.**

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Training and Services Brochure

Personal Safety Courses

Course	Duration	Cost per course	Max. Delegates per session	Additional cost per delegate	Recommended refresher period
Suicide and Self-Harm Awareness, Prevention and Reduction	1 Day	£900	16	£50	2 years
Bullying Reduction and Interventions	1 Day	£900	16	£50	2 years
Conflict Prevention and Management	1 Day	£900	16	£50	Annual
Student and Lone Worker Safety	1 Day	£900	12	£50	Annual
Searching Young People and Adults Safely	1 Day	£900	12	£50	Annual
Gap Year and Travel Safety	1 Day	£900	16	£50	

All prices are exclusive of VAT

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