



The course is delivered in these formats:

- Small group discussion
- Games and activities
- Larger group feedback
- Active participation

**Course aims and objectives:**

- To examine who becomes socially excluded and why.
- To review the impact of social exclusion on the individual and the community.
- Provide practical evidence-based strategies for successful inclusion and ongoing engagement.
- To offer an opportunity for participants to explore the issues around working with excluded communities including professional distance, impact on self and potential inclusion into the drama triangle.

**Appropriate participants:**

Professionals and/or volunteers leading working with individuals or groups who are described as socially excluded. This could include foodbank workers, resettlement workers, domestic abuse workers, homeless support workers, rehabilitation workers, youth workers, agencies and organisations working with families, with older people, with people with disabilities and so on.

**Course Outline:**

- Welcome and introductions and outline of the course.
- Who is socially excluded and why – what does exclusion mean?
- What is the impact of social exclusion on the individual, families, community and society?
- The evidence base and social exclusion theory.
- Barriers to involvement and inclusion.
- Practical strategies for inclusion and involvement.
- Looking after us – supporting ourselves so we can support others.
- Case studies.
- Review of day and evaluation.

All participants will receive training support booklet with the course content alongside additional resources.

**Course duration:**

6 hours




# Be Magnificent


Always looking forward

## Them & Us: Challenging Social Exclusion

This one-day course is aimed at professionals and volunteers. We will examine the causes of social exclusion and its impact, along with practical evidence-based strategies for inclusion and involvement in the longer term. Participants will have the opportunity to engage in a range of activities and examine evidence-based theory to improve their understanding and delivery of work in this area.

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## ABOUT US

Be Magnificent was set up to enable and empower women, children and young people. We are passionate about promoting change, challenging “the way it is”. We are determined to ensure that opportunities are open to all and not “under glass” for so many.

Our mission is to help all women, children and young people to recognise their full potential and power and be magnificent in whatever direction they choose to go.

At a time where misogyny is rife, where women face attack simply for walking home, and are abused online for speaking out or simply being female, we are determined to offer opportunities to gain skills and confidence for them to make their own choices and make their own way.

We are excited about working with partners in our communities to provide these programmes. We recognise that funding for community services is limited which is why we aim to work with our partners to identify and secure funds to provide these services to whoever wants to attend.

We live in challenging times. We understand that to be able to access education, activities and opportunities we must build enough self-confidence and self-belief to take the first step. We believe in women, children and young people. We believe in our communities. We look forward.



## COURSES

Our courses can be commissioned by one organisation for a number of staff, but we believe in the high value of multi-agency working. For this reason we will provide a calendar of training opportunities whereby organisations of any size can book one or more of their team members on to the courses to train alongside other professionals and volunteers in their geographical location.

Our courses for professionals and volunteers concentrate on the appropriate knowledge, skills and attitudes to deliver exceptional work in demanding times.

Our service user programmes are designed to support women, girls and young people to see what they already are and what they already have, and be curious and ambitious about what is ahead.

## MISSION

Be Magnificent is a not-for-profit company delivering training courses to benefit the community. Specifically our activities will provide benefit to women, children and young people.

We provide training courses for those working with anyone experiencing social exclusion or at risk of experiencing social exclusion.

We provide direct delivery programmes for women and young people. As we grow, we intend to recruit women with lived experience, offering volunteering and supportive employment opportunities to survivors.