

Working together for a healthier world

InterHealth 

Resilience Under Pressure

## Briefing & Debriefing Short Term Teams

In-house consultancy & training day for international programme coordinators and team leaders

This interactive training and consultancy day is offered in-house to organisations working with teams, and/or groups of volunteers and expeditioners. It is geared to reviewing & adapting your organisation's systems, protocols and practice, strengthening your capacity to promote psychological wellbeing. It will develop the skills of your programme staff & team leaders to understand and facilitate effective briefing and debriefing processes relating to psychological health. Learn to manage sensitive issues which arise amongst volunteers, groups & short term teams.

### Overview

In this training you will review your briefing & debriefing processes in relation to psychological resilience. On-field issues will also be discussed. This training will help you:

1. Understand why you brief & debrief – review what you want to offer and what you want to gain
2. Learn principles for monitoring psychological health & boosting resilience. This includes learning how to support individuals in their own self awareness & in taking appropriate care of themselves.
3. Grasp the principles of effective debriefing and the debriefing frame of mind; the setting, context, timing & understanding of what good debriefing of teams is about.



### Who is this suitable for?

This training is tailored for organisations that send teams or groups overseas to engage in volunteering, mission work or expeditions in developing countries, or other challenging international environments. It is particularly tailored to organisations that currently have/desire, a structured briefing & debriefing process.



### Learning outcomes

Interactive, hands-on training to build the capacity and skills of your staff.

This training will particularly focus on training participants in a range of interactive exercises, providing scenario based opportunities for skills to be practice and valuable feedback sought. Specific learning will focus on:

1. **Working with a large group.**  
Principles and ideas for working with large groups – how to help individuals support each other in debriefs & how to structure debriefing to gain the best advantages without opening up distress which can't be managed in the context.
2. **Working with teams.**  
Teams in groups of 5-10 individuals for a debriefing session with an in-house debriefer. Going further than you can do with large groups. Principles for structuring your debrief safely & guidelines for how to handle issues arising.

3. **Handling difficult issues.**

Practical principles & skills for supporting individuals who raise challenging issues and/or become emotional. When to consider further support & managing the conversation.

4. **Handling group dynamics.**

Using guidelines for facilitating a team debrief & handling it when the group dynamics get in the way! For example, when a participant hogs the space or conversely, when a participant never speaks.

5. **Finishing well.**

Managing end times, being on time and looking after yourselves as staff and particularly as debriefers.

### How to book

This is 1 day in-house training. A maximum of eight staff can attend.

Subscriber: £900 + VAT  
Standard: £1300 + VAT

For more information please contact Becky Hill:

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Committed to the health and wellbeing of those making the world a better, fairer and healthier place.

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