

# What to expect from training sessions

Attending training sessions can be challenging if you're unsure what to expect, so here's a brief overview to help you feel prepared:

## Supportive trainers.

You will usually be supported by two caring and very knowledgeable trainers. One person will deliver the content, while the co-host is there to support the learners in any way they need. This might be providing you with support in the chat, reading things out so those with visual impairments or learning needs don't have to double up, or in a completely different way.

## Webcams and microphones.

Usually, we like your webcams enabled, and microphones muted unless you are participating. We want to minimise background noise, but also be able to see that everyone is here and engaged. There might be times when it's better to have the webcam off. For example, you're having internet problems, or you've got children nearby. If so, let the co-host know and be sure to engage in other obvious ways.

## Engagement and interaction.

We encourage active participation and interaction. Share your questions, thoughts, and experiences, but remember, there's set content to cover, and training sessions aren't confidential. For specific or live situation queries, contact our Thirtyone:eight Safeguarding Helpline or anonymise examples to protect privacy. We love hearing from our delegates and encourage your involvement.

## Extra support.

If you need extra support, we can help. This might be due to language barriers, lived experiences of harm, or accessibility needs. We offer a free, uncertified space for an interpreter or emotional support companion during the session. We hope it helps you engage safely and appropriately. Email us at [training@thirtyoneeight.org](mailto:training@thirtyoneeight.org) to book your companion place.

## Training elements and breaks.

Our training includes presentations, polls, group discussions, breakout rooms, and case studies. You can answer questions by unmuting, using the chat, or giving a thumbs-up/thumb-down. You'll also receive the PowerPoint slides, a handbook, and a transcript, so don't worry if you find it hard to absorb everything at once. Our training has two 5-minute breaks in a 2.5hour session.

