



# Community Options

Supporting mental wellbeing

*'Person centred planning celebrates, relies on, and finds its sober hope in people's interdependence. At its core, it is a vehicle for people to make worthwhile, and sometimes life changing, promises to one another.'*

**John O'Brien**



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## Person Centred Planning

### Training and Supervision Services

# Training



## Person Centred Planning

- Focussing on what is important to someone now and for the future
- Acting with chosen family and friends as partners in the plan
- Building on strengths and talents
- Exploring dreams and aspirations
- Making hopeful and practical plans

## PCP Awareness

Half day

## PCP Introduction

One day

## PCP Facilitator Training

Two days

## PCP Supervision Groups

Two day courses are for people who are likely to be involved working with others to create person centred plans, either in the service where they are employed or engage, other projects or in the community.

By the end of the course participants will:

- Understand the underlying principles of PCP
- Understand the implications of routines, rituals and choices
- Be able to identify what is important to someone
- Develop confidence in creative planning methods
- Have practiced the use of PCP tools from a range of methodologies
- Have experience of developing elements of their own plan
- Feel competent to use components of PCP or complete a full plan

## Bookings

To book an event or discuss your requirements in detail please contact:

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