



Online learning delivered directly to your organisation

Adults - Workshop menu 2025/26

Designed for interactive learning of up to 20 participants, our online workshops use a range of methods to enable active learning. This includes presentations, breakout room discussions, working with case study scenarios, filmed resources, podcasts, individual reflection time and large group discussions.

Workshops run for six hours and include a morning and afternoon comfort break and lunch break.

Choosing your online learning workshop

Select one topic to use your organisational membership allocation. Link Officers are invited to:

1. Review the workshop menu and choose a topic that meets your local needs.
2. Book via the [booking request form](#).
3. Our learning team will work with you to confirm a delivery date and provide relevant information.

Booking deadline **Friday 17 October 2025**.

Building resilient teams

Summary: Resilient teams can respond to a challenge, setback, or stressor by drawing on a wide range of resources and capacities. A team culture of resilience goes beyond the resilience of individual team members.

This workshop will support participants with practical, evidence-informed approaches to build and sustain resilient teams.

Participants will reflect on the characteristics of resilient teams. They will explore different tools to build resilience across key principles, including shared mission and vision, sense of appreciation and a secure base.

Designed for: Anyone with responsibility for leading or supporting teams. This may include practice supervisors, team managers, middle leaders and workforce development leads.

Conversations in challenging circumstances

Summary: Develop practical strategies to facilitate conversations that may be experienced as 'difficult' or 'uncomfortable'.

With an emphasis on self-reflection and reflexive practice, this workshop will support participants to identify, examine and address the power dynamics in conversations between practitioners and the people they support.

The workshop will offer a range of approaches, tools and techniques that can be used to prepare for and facilitate respectful and compassionate conversations.

Designed for: Social care practitioners working directly with adults.

Cultural humility and anti-racist practice

Summary: Cultural humility is a stance that attempts to understand peoples' identities in relation to race and ethnicity, gender, sexual orientation, class and socioeconomic status, education, and social needs.

This workshop will support participants to consider what cultural humility and anti-racist practice means to them in the context of their professional identities and organisations.

Through the engagement of critical thinking and open dialogue, participants will work towards being more attuned to addressing racism, marginalisation and exclusion on the personal, team and organisational level.

Designed for: Practitioners working across direct service delivery, middle managers and leaders.

Developing professional curiosity in adult social care

Summary: This workshop will support practitioners to build the skills and knowledge to embed professional curiosity as a central component of their practice. Participants will examine the importance of professional curiosity in adult social care practice and explore learning from situations where professional curiosity has not always been evident.

Participants will also be provided with different tools, practices and skills to support professionally curious practice.

Designed for: Social care practitioners working directly with adults.

Effective recording, analysis and critical thinking in assessment

Summary: Explore the importance of effective recording in the context of a practitioner's role.

Working with examples of analytical writing, the workshop will support participants to use tools, skills and techniques to develop their analytical writing skills, improve case recording and use analytical and critical thinking in practice. Participants will deepen their understanding of the meaning and impact of written records in the lives of the people they work with.

During the workshop, participants will reflect upon diversity, equity, inclusion and intersectionality and reflect upon how their biases may affect accurate and effective recording. Participants will also consider the future of recording in social care and examine the influence of artificial intelligence on recording and assessment

Designed for: Social care practitioners working directly with adults.

Emotional resilience and wellbeing

Summary: Explore practical, evidence-informed approaches to support mental health, emotional resilience and wellbeing.

Drawing on up-to-date research and resources, this workshop will consider both individual qualities and organisational conditions. Participants will develop a self-care action plan and assemble a personalised 'toolbox' of strategies to repair, maintain, grow and sustain mental wellbeing.

Designed for: Practitioners working across services, including frontline practitioners, middle managers and leaders.

Implementing the *Care Act 2014*

Summary: Grounded in the importance of legal literacy, this workshop supports practitioners to implement the *Care Act 2014*, focusing on its foundational principles. It provides an opportunity for in-depth reflection on the application of the *Care Act 2014*, particularly around crucial areas of decision-making including eligibility, meeting needs and safeguarding.

Participants will gain increased knowledge, skills, and confidence in using an outcome-focused, strengths-based approach when support planning, as outlined in the *Care Act 2014*. The workshop also explores how legally literate practice can be supported and embedded in an organisation.

Designed for: Social care practitioners working directly with adults.

Making and evidencing defensible decisions

Summary: Explore the characteristics of analytical and defensible decision-making in adult social care.

The workshop will support participants to be able to define and explain person-centred decision making in social care practice. Participants will consider the balance of intuitive and analytical approaches, using tools to support and record defensible decision-making.

Designed for: Social care practitioners working directly with adults.

Reflective supervision for supervisors

Summary: Build practice supervisor's confidence, skills and knowledge in reflective supervision.

This workshop will set out the role supervisors play in supporting practitioners in direct practice with adults. Participants will discuss what reflective supervision is and will practice using a reflective cycle. They will also explore how the emotional impact of work can be addressed in reflective supervision.

During the workshop, participants will consider their role in supporting inclusive and anti-racist supervision and how issues of inclusion, diversity and power can be acknowledged and addressed through the supervisory relationship.

Designed for: Practice supervisors.

Strengths-based practice

Summary: Develop strengths-based approaches, and reflect on the knowledge, skills and values needed to build collaborative and hopeful relationships with adults drawing on care and support.

In this workshop, participants will consider a range of strengths-based questions, and practice holding strengths-based conversations. The workshop will draw on the legislative and policy context of strengths-based working and look at how this can be applied in practice.

Designed for: Social care practitioners working directly with adults.

Taking a human rights approach in adult social care

Summary: Taking a human rights approach in our work is so much more than knowing what the *Human Rights Act 1998* contains. It is a way of working that aligns with social work values and ethics, promoting participation, dignity, the social model of disability, and anti-discriminatory practice.

This workshop will introduce and explore a human rights approach in adult social care. The current legislative context will be discussed, considering how human rights have been affected post-pandemic.

Participants will examine what research and lived experiences can tell us about the benefits of a human rights approach, alongside examples of case law. The workshop will consider how we can promote a human rights approach in our work.

Designed for: Social care practitioners working directly with adults.

Working with carers

Summary: Develop and strengthen inclusive, trusted work with carers. Drawing on the Care and support statutory guidance from the Department of Health and Social Care, participants will explore carer assessments and consider how to enhance a rights-based response to carers within a constrained and pressured context.

The workshop will use vignettes, case studies and tools to support practitioners to develop their knowledge and skills in working with carers. This workshop will draw on the Social work with carers online resource.

Designed for: Social care practitioners working directly with adults.

Working with people who hoard

Summary: Develop and strengthen skills and approaches to working with people who hoard.

This workshop will explore the political, clinical and legal context related to hoarding in adult social care. It will outline research alongside, psychological and medical models that tell us why people hoard, as well as hearing from people with lived experience of hoarding.

Participants will use practice examples to examine hoarding through a risk perspective and rights-based approach and reflect on how their own biases may affect working with people that hoard. The workshop will provide helpful approaches to assessment, engagement and intervention in response to hoarding.

Designed for: Social care practitioners working directly with adults.

Working with risk

Summary: Understand how to work effectively and positively with risk in the context of strengths-based working.

During this workshop, participants will explore the core professional skills to make confident and defensible decisions about risk and relate this to safeguarding practices.

Participants will recognise and challenge the importance of legal literacy in relation to working with risk and how case law can inform risk enablement in practice. They will also explore how diversity, intersectionality and power can impact risk and how to create a positive risk culture.

Designed for: Social care practitioners working directly with adults.

Commissioning extra learning support

We can offer extra workshop deliveries, such as commissioning another topic, or additional deliveries to offer more workshop places.

Please use the [booking request form](#) (select Request type: Commission) and the team will get in touch with the cost of your chosen workshop and booking options.

Bespoke learning support

We can also design and deliver bespoke learning support to meet your organisational needs.

This includes adapted workshops, such as delivering to a larger audience or incorporating a different approach. We also offer [commissioned reflective supervision and practice leadership programmes](#) for your organisation.

Our skilled team will work closely with you during development to ensure that the learning meets the outcomes your organisation is looking to achieve. If you would like to discuss options, please use the [bespoke learning support request form](#) and we will contact you.

To discuss bespoke learning please contact: learning@researchinpractice.org.uk.



www.researchinpractice.org.uk



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