



Lived & Learnt
Facilitators



12 Live
Webinars



On-demand
Courses



Community
Space

The Care Leaders Online

E-learning & Online Community
for Children's Social Care

Learning Prospectus 2025 - 2026

Children &
Young People Now
Awards 2023

Winner

CPD
CERTIFIED
The CPD Certification
Service

For more details visit
www.thecareleadersonline.com



Why Choose The Care Leaders Online?

The Care Leaders Online is an award-winning eLearning platform and online community for professionals working across children's social care, education, and related services. CPD-accredited and grounded in both lived and professional experience, we offer practical training that transforms practice and improves outcomes for children and young people who have experienced adversity.

Our training is powered by the voices of those who've lived it and those who've led it — equipping professionals with the clarity, confidence, and tools to make a real difference. Every course, webinar, and resource is co-designed and facilitated by people with lived experience alongside experienced practitioners. This powerful alliance makes our learning emotionally intelligent, evidence-informed, and deeply relevant to frontline practice.

Through CPD on-demand courses, live webinars, downloadable resources, and a vibrant online community, we offer learning that's real, reflective, and ready to use. We tackle the issues that matter: responding to trauma and transitions, understanding the messages in children's behaviour, strengthening relationships, supporting children in school, and challenging stigma and shame. We don't just raise awareness, we equip people to take action.

Trusted by schools, local authorities, and fostering agencies across the UK, The Care Leaders Online helps professionals lead with compassion, act with confidence, and create lasting change.



► What to expect:

The Care Leaders Online is more than just an e-learning platform; it's a community-driven space for children's social care professionals to learn, connect, and engage with one another.

With both lived and professional experiences at the heart of every session, you'll gain real-world insights and practical strategies to apply directly to your work.



► Here's What's Include in Your 12-month Access:



12 Live Webinars:

Engage in live sessions hosted by lived and learned experts, featuring a mix of theoretical insights and practical strategies you can immediately apply.



On-Demand Courses:

Learn at your own pace with a range of on-demand courses covering essential topics like trauma-informed care, attachment, and self-care resilience.



Community Space:

Connect with a network of professionals in the field, where you can discuss challenges, share experiences, and collaborate with others.



Practical Application:

Each session includes hands-on tools, resources, and strategies designed to be easily integrated into your day-to-day work.

"Hearing genuine first-hand experiences gives relevance to what is being taught. I feel more equipped to approach my conversations with young people, including my teenage son." TCLO Member



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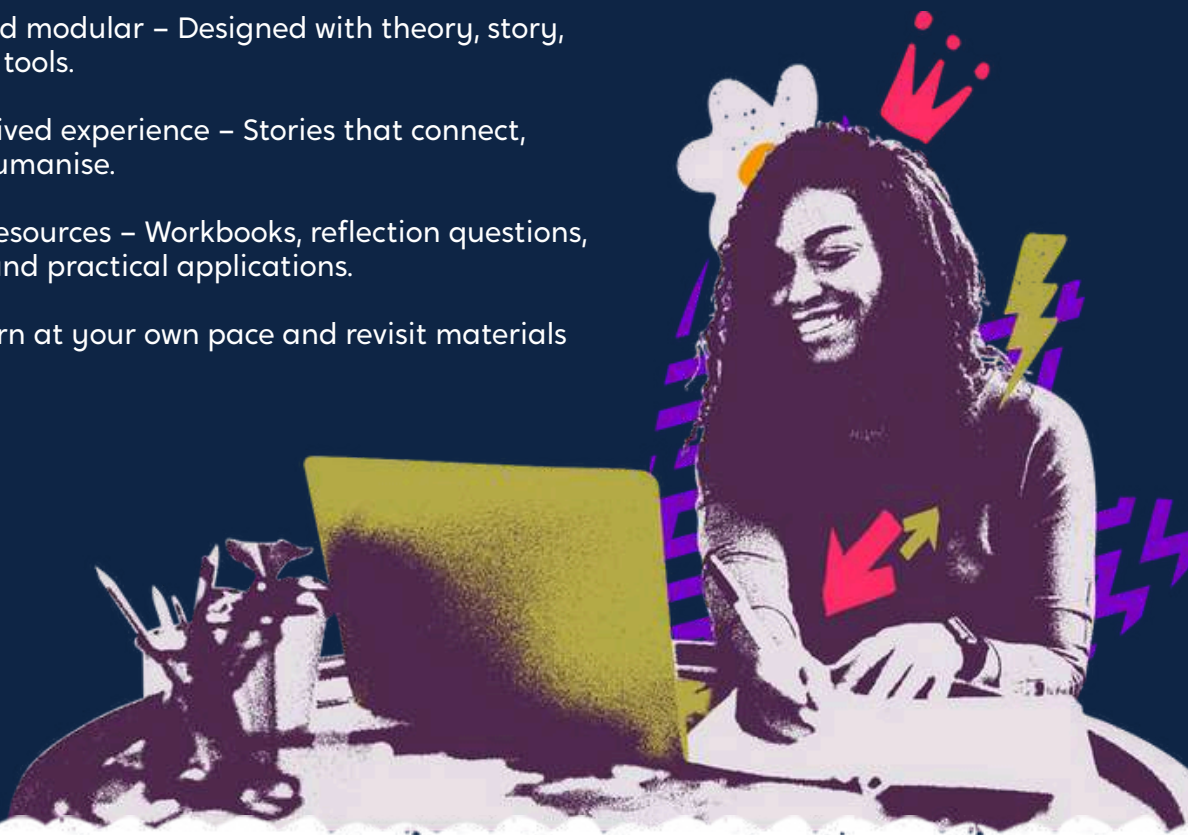


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➡ What to Expect from Our CPD Seminars

All our CPD seminars are:

- CPD-accredited – Recognised training that contributes to professional development hours.
- Structured and modular – Designed with theory, story, strategy, and tools.
- Grounded in lived experience – Stories that connect, reflect, and humanise.
- Packed with resources – Workbooks, reflection questions, frameworks, and practical applications.
- Flexible – Learn at your own pace and revisit materials when needed.



➡ Messages in Behaviour: What Children Are Really Telling Us

This session unpacks the reasons behind challenging behaviours and shows how to decode them as meaningful messages. Using lived experience stories and theories like operant conditioning, moral development, and transactional analysis, it equips you with relational tools to respond thoughtfully – not reactively.



Includes:

PACE strategies, behaviour audits, and school reflection tools.



Workbook:

Behaviour and Emotional Regulation Planner





Attachment: How We Develop and Form Attachments

Explore the roots of connection. This course helps you identify attachment styles and how they show up in relationships with adults and peers.

You'll learn how to foster secure attachment in everyday settings and why social care systems can unintentionally disrupt it.



Includes:
Attachment Mapping Tool, Relationship Reflection Prompts



Workbook:
Attachment Styles in Action



Adverse Childhood Experiences and Parenting Styles

Understand how trauma and parenting interact to shape identity, learning, and relationships.

You'll explore how ACEs influence a child's development, how survival responses form, and how parenting approaches can either reinforce or repair harm.



Includes:
ACEs Framework, Parenting Style Reflection Grid



Workbook:
The Trauma & Parenting Lens



Trauma & Transitions

Transitions create vulnerability. From changing schools to entering care, this session explores how trauma affects a young person's ability to feel safe and succeed during change. You'll learn how to build structure, consistency, and nurture into transition support.



Includes:
Trauma Indicators Checklist, Transition Support Plan



Workbook:
A Guide to Safe Transitions

Two Timetables:

The Demands of School and Social Care

This session reveals how school and social care expectations often conflict, leaving young people stuck in the middle. We explore how to align systems, respond to unmet attachment needs, and avoid the damaging effects of exclusions or reduced timetables.



Includes:

Trauma Indicators Checklist, Transition Support Plan



Workbook:

A Guide to Safe Transitions

Relationships:

The People and Services within Children's Social Care

This session explores how young people experience relationships across social care, from early intervention to leaving care. It highlights the emotional impact of support systems, the roles professionals play, and the challenges of fragmented services. Grounded in lived experience, it helps professionals build more connected, compassionate, and consistent support.



Includes:

Relationship mapping tools and service impact strategies



Workbook:

Understanding the Care Journey

The Impact of Recording and Communication:

How Statutory Recording Can Cause Stigma

Statutory language shapes identity. This session explores unconscious bias in case notes and the unintentional stigma created through professional language. You'll learn to audit your own recordings and shift towards language that uplifts, not labels.



Includes:

Stigma-Free Language Guide, Case Note Reflection Grid



Workbook:

Framing Young People Fairly



What to Expect from Our Guest Speaker Live Webinars



Each live webinar is:

- 90-minutes of interactive learning
- Delivered by speakers with lived and/or learned expertise
- Combines personal stories, sector insights, and proven tools
- Includes Q&A, downloadable resources, and follow-up prompts
- Open to educators, social workers, foster carers, and leaders



Speaker: Suzanne Zeedyk
Session: The Rupture-Repair Cycle

December 11th 2025
3:30 - 5:00

How it underpins our biological development, and thus our stress function, behaviour and capacity to trust.



Speaker: The Real David Cameron
Session: Leadership That Cares

January 22nd 2026
3:30 - 5:00

How school leaders can be brave, relational, and transformative in the face of policy pressure



Speaker: Steven Russell
Session: Mixed faces in Mixed Places

February 19th 2026
3:30 - 5:00

How identity, race, and belonging impact young people in care and the power of seeing and being seen



Speaker: Chris Wild
Session: From Pain to Purpose

March 19th 2026
3:30 - 5:00

How care experience shapes identity, resilience, and the campaign for protected characteristics



Speaker: Jeremy Indika
Session: Understanding Abuse from the Inside Out: A Real-World Guide for Practitioners

April 16th 2026
3:30 - 5:00

Explore the lived experience of childhood sexual abuse and how practitioners can play a vital role in both recognising the signs and creating a safe environment for disclosure and recovery



Speaker: Mark Finnis
Session: Restorative Practice

May 21st 2026
3:30 - 5:00

Rebuilding trust and safety in communities using relational approaches



Speaker: Dez Holmes
Session: Thinking critically about trauma

June 18th 2026
3:30 - 5:00

Explore what trauma really means, challenge common assumptions, and consider whole-organisation approaches that create safer, more effective practice.



Speaker: Ian Thomas
Session: Two Wrongs Don't Make a Right

July 23rd 2026
3:30 - 5:00

Explore how the prison system compounds harm for care-experienced young people and what we can do differently.



Speaker: Jade Barnette
Session: From Entry to Exit: Navigating the Highs and Lows of transitioning in and out The Care System

August 20th 2026
3:30 - 5:00

Explore the emotional impact of entering and leaving care, the gaps in support, and how trauma-informed, culturally responsive practice can create stability, belonging, and better outcomes for young people.



Speaker: Karyelle Phillips
Session: Embedding emotional safety across education for children in care

September 17th 2026
3:30 - 5:00

Unpack how trauma and early experiences shape the brain and influence behaviour helping us understand what children's actions might really be communicating.



Speaker: Rebekah Pierre
Session: Language, Stigma & Case Recording

October 22nd 2026
3:30 - 5:00

How language and recording practices can reinforce stigma and how to reframe them to protect dignity



Speaker: Rosie Blackett
Session: Parenting Through Experience

November 19th 2026
3:30 - 5:00

How lived experience informs parenting styles, expectations, and breaking cycles



Speaker: Kate Cairns
Session: Attachment, Trauma & Resilience

December 10th 2026
3:30 - 5:00


How early experiences shape behaviour and what adults can do to foster recovery and resilience



What people say about us

"I've seen the language change verbally and in recording, and I've only heard positive things from this training."

Director Children's Services, Buckinghamshire - Richard Nash



"I highly recommend The Care Leaders to support key stakeholders in understanding the journey through care by those who know it best, care experienced young people. The training they provide is engaging, and thought-provoking and offers professionals a reliable and comprehensive tool kit to enhance their daily practice. Their online platform is easy to access and offers much more than a pre-recorded e-learning course."

Virtual School Headteacher, Middlesbrough - Victoria Banks

"Attendees reported that they really learnt a lot. It gave them a good understanding of the situation of children who come into the care system, and how best to support them. The key messages were clear with 'calls to action' which we have been able to take away and use to inform our practice. The lived experience informing this course and the storytelling skills of the presenter made the course particularly powerful."

Education Advisor, East Sussex Virtual School - Leslea Marwick

"The training has equipped me with a greater understanding of how our children and young people are affected by their experiences within the care system and how we as adults, who may only work with them on a temporary basis, can still make a difference to them. Really appreciated the tips on how to separate addressing the behaviour from what they may need or want to talk about instead."

Secondary School Teacher - Anonymous

"Certain phraseology has stuck in my head - 'being emotionally overwhelmed', 'Children come into care not because of what they've done but because of what's been done to them', The session regarding rethinking responses to what children say was also incredibly powerful and is something I will definitely be looking at with my team."

Team Manager, Fostering - Anonymous





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Get Started **Today**

Join a community of professionals who are committed to improving their practice and making a real difference in the lives of children in care.

Sign up today to Learn, Connect and Engage.

Contact Us

For more information, visit our website at
www.careleadersonline.com
or call 0800 233 5597