



Training & Development Booking Form

PART 1 - Delegate Information

Delegate name	<input type="text"/>
Job title	<input type="text"/>
Email address Please ensure this is correct as we will be using this to confirm bookings and sending joining instructions.	<input type="text"/>
Contact Address To send joining details to if not by email	<input type="text"/>
Post code	<input type="text"/>
Mobile Number	<input type="text"/>
Dietary requirements Please tick all that apply	<input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Gluten-free
Any other special dietary requirements Please specify	<input type="text"/>
Special requirements Please tick all that apply	<input type="checkbox"/> Wheelchair access <input type="checkbox"/> Large print <input type="checkbox"/> Hearing loop
Any other special requirements Please specify	<input type="text"/>

PART 2 - Workshop Choices

Please choose **FOUR** workshops from the selections below, showing order of preference (1, 2, 3, 4). You will be allocated **TWO** to of these options.

Practical workshops for operational women only

	Preference
P1 - Incident Command (Simulation Suite) Targetted at supervisory and potential managers.	<input type="text"/>
P2 - BA Real fire training with BA familiarisation briefing Multi storey industrial unit four pumps.	<input type="text"/>
P3 - BA large structure with BA familiarisation briefing	<input type="text"/>
P4 - RTC (multi car - 2 pumps) To include familiarisation of equipment and technical input.	<input type="text"/>
P5 - Incident Command (Practical) Opportunity for one to one coaching during the practical scenarios for potential and existing incident commanders dealing with two to four pump scenarios.	<input type="text"/>

Practical workshops - open to all delegates

P7 - Be a fire-fighter If you wish to attend this workshop to experience practical fire fighting tasks, please ensure you complete the clothing requirement below. Be a FF is a three hour workshop providing the opportunity for delegates to experience what it is like to be a FF. Dressed in full fire kit the delegates will extinguish small fires using various techniques and have an opportunity to witness how a fire develops inside a building whilst wearing breathing apparatus.	<input type="text"/>
	BOOT SIZE <input type="text"/>
	BUILD (Small/Medium/Large) <input type="text"/>
P8 - Physical fitness Review your level of activity, set goals and try out a boot camp session. Classroom and practical. Part A - An opportunity to review the amount of exercise you do consider the goals you want to aim for and plan a training programme to help you achieve them. Followed by Part B – a session of outdoor training Boot Camp style!	<input type="text"/>
P9 - Personal safety How would you defend against an attack? What could you do if you were grabbed from behind? Pushed to floor and pinned down? This course allows you to find out, learn simple achievable natural responses that you will never forget. You may not be aware of	<input type="text"/>

the power you already have. You need this course. Comfortable clothing required.

Seminar workshops open to all delegates

S1 - Faith awareness

Facilitators: Shilla Patel (London) and Tony Dunster (London)

Interested in developing your Faith Awareness?

This is a great opportunity to develop your awareness, knowledge and understanding of different faiths and communities. During this workshop we will briefly explore the six major world religions i.e. Hinduism, Christianity, Sikhism, Islam, Judaism and Buddhism, looking at:

- History and immigration;
- Myths and stereotypes;
- Phrases and terms you may encounter when engaging with these communities, such as Gurdwara for a Sikh temple;
- Religious beliefs and practices such as prayer, fasting, places of worship and festivals;
- Cultural differences – taboos, body language, etiquettes and manners;
- Family and caste system;
- Status of women/gender roles;
- The importance of community and fire safety, exploring possible challenges and barriers to dialogue and engagement;
- Your roles and responsibilities when engaging with different faiths and in turn enhancing your understanding of government legislation;
- The Support available.

S2 - Unlocking your true potential through coaching

Facilitator: Mani Gilbert-King, East Sussex

This workshop will explore how coaching and NLP can help you unlock your true potential. We shall explore some simple coaching models enabling you to self coach. Learn techniques that will give you a positive way of dealing with tricky or awkward situations. Understand the importance of “Outcomes” Build self confidence, understand how you communicate, learn new techniques and options to really achieve results.

This workshop will challenge your current way of thinking and give you the skills to make a difference for your future. If you’re looking to progress in your career, take on a new challenge, run that marathon or make a life change this is the workshop for you!

S3 - Using action learning sets to support your development

Facilitator: Helena Holrick (London)

Action Learning is an accelerated learning tool which can be applied to any number of different workplace (and personal) issues and challenges. In Action Learning groups or sets we meet regularly with others in order to explore solutions to real problems and decide on the action we wish to take. Through working with the set we describe the issue as we see it, are asked questions by the group and reflect on what we are thinking and what actions we might take, and then report back to the group on what the outcomes are of taking those actions on an ongoing basis

This workshop is an experiential introduction to Action Learning Sets. You will have an opportunity to explore how sets are made up, what happens within a set, the kinds of thinking, questions and environment endorsed by a set and some ways to introduce sets into what you currently do.

S4 - Learn the worth of mirth

A look at the use of humour in the workplace

People who have fun get more done. This session will teach easy to take home skills to Improve your Laugh Life.

S5 - Occupational health and wellbeing

A session to explore the factors affecting our health and wellbeing, and steps we can take to promote good health and wellbeing.

S6 - Deaf awareness and British sign language

A session to raise awareness and to give an introduction to using British Sign Language

S7 - Steps toward career advancement

This workshop will help you to prepare for the next step in your career advancement, as well as help to build your confidence. Whether you are looking for promotion, or just wanting to develop in your current role, 'Goal Setting for Career Advancement' will assist you by, recognising and acknowledging your work values (most of us are not aware of what our values are, so how would you know whether or not they are being met?) , looking back on your career history (the highs and lows of our career history could help us to make more informed choices about our career progression) , helping you to increase your confidence (what are the conversations you have with yourself? Are they positive or negative messages?) , exploring options to consider (what are your options for the way forward?).

S8 - Transgenderism

Facilitator: Heather McGlade

An opportunity to examine the subject of Transgenderism, its impact on partners, family, friends, and colleagues in the workplace, and in life. An explanation of current legislation around being Transgendered, and a chance for you to ask the questions you may wish to ask about this little known and understood condition.

S9 - Women in Politics

Why so few?

Under representation in so many areas...how to redress the balance. This session will take a look at different ways women can engage in politics, the different arenas, analyse the perceived barriers and the challenges. Consider the potential positive outcomes and the opportunities to influence change.



PART 3 - Employer/ Authorising Official

Service Name	<input type="text"/>
Invoice address	<input type="text"/>
Post code	<input type="text"/>
Telephone Number	<input type="text"/>
Email address	<input type="text"/>
Purchase order / Reference	<input type="text"/>
Excluded activities Please specify any activities your employee is not permitted to take part in.	<input type="text"/>
Authorising Official Name	<input type="text"/>
Authorising Official Title	<input type="text"/>
Authorising Official Signature	<input type="text"/>

PART 4 - Delegate fee

Please tick **ONE** box below

Please select the fee that applies	
<input type="checkbox"/> Basic delegate fee £250	
<input type="checkbox"/> Early booking discount (before 13 August) £230	
<input type="checkbox"/> Corporate Affiliate Member rate basic £240	
<input type="checkbox"/> Corporate Affiliate Member early booking discount rate £225	
<input type="checkbox"/> Corporate Affiliate Member, early block booking of 5+ places £220	

When completed please return this form to:-

Event Bookings, NWFS, PO Box 41, Downham Market, PE38 9XW

Hotel Accommodation

Hotel accommodation MUST be booked by the delegate/FRS directly with the hotels below (a block booking of rooms has been made under the name of NWFS so **please quote NWFS when booking.**)

<p>Premier Inn Emerson Road Washington Sunderland NE37 1LB Tel: 0191 416 9416</p> <p>Single B&B £58.00 per night Twin/Double B&B £60.00 per night</p>	<p>Campanile Hotel Emerson Road Washington Tyne & Wear NE37 1LE Tel: 0191 4165010</p> <p>Single B&B £55.00 per night Twin/Double B&B £59.00 per night</p>
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