



The Skills Development Service Ltd presents
a one day training course:

Basic Tai-Chi Skills for Use with Clients

A practical one-day course for those who are interested in understanding and successfully using basic Tai Chi skills with a range of different client groups



What exactly is it and what does it do?

Tai Chi is a form of fluid and gentle circular movement, relaxed and slow in tempo. Breathing becomes deeper and slower. The extensive evidence base indicates its effectiveness as a relaxation technique, its ability to strengthen and mobilise joints and the general improvements it brings to overall mental and emotional well-being and physical fitness.



What client groups will benefit?

Elderly clients, Mental health clients, Learning disability clients, Physically disabled clients, Chronic Pain patients, Cardiovascular patients, Clients with anger management problems



Risk Assessment Issues

Delegates will learn of the range of issues to be addressed during assessment of clients before commencing Tai Chi including where and where not it is appropriate to use it.



Three Techniques With Twelve Components

Delegates will learn 3 different Tai Chi techniques consisting of 12 different components. Emphasis during the day will be placed on extensive demonstration and practice to a level that will enable delegates to return to the workplace and work immediately with clients using their newly developed skills



“Brilliant course, really enjoyed the day. Was a bit unsure before I came but have been converted. Hope to use it with young people, would like to do a follow-up course.”

T.H., Youth Worker

“An excellent course. I have learned a lot and will take back and share with colleagues and clients.”

C.P., OT, Scotland



- Quality workshop materials
- Certificate of Attendance. Suitable for CPD and PREP.
- Practical demonstrations of techniques
- Lots of opportunities for raising questions and discussion with tutor and colleagues
- Post-seminar case support and consultancy available



Dates & Venues:

LONDON
LONDON

8 NOVEMBER 2010
10 MAY 2011





Course tutor: Andrea Williams Qualified Teacher and Practitioner of Mindfulness & Qualified Teacher and Practitioner of Infinite Tai Chi, Chi Kung and Meditation. Andrea has used Tai Chi with a range of different social and medical client groups. In addition she has practised and trained in a range of different types of yoga over the last 30 years. Andrea is well respected in her field and has a reputation for being an excellent trainer as well as a sensitive and experienced practitioner.

“Andrea was very good, clear and approachable. Her tutoring skills are second to none.”
S.McD, Youth Development Worker

Booking Conditions

Booking constitutes a contract.

Course fee

- UK: £125 + VAT (£146.88) per delegate to include refreshments and course materials.
- **Block bookings:** Groups of 4 or more save £5 per person - IF all applications are made in a single envelope with a single authorisation letter or payment.

How to book

DETACH the booking form below (photocopies acceptable) and either:

- Send with a cheque made payable to The Skills Development Service Ltd to: SDS Ltd, P.O. Box 254, UCKFIELD, TN22 9BN
- Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from employer showing name & address to send invoice to.
- Telephone: 0870 241 7294 giving credit card details.
- Web: www.skillsdevelopment.co.uk giving credit card details.
- No provisional bookings taken.

Cancellations

- Cancellation in writing up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (or a full credit note for a future course – optional).
- Cancellation in writing up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

To change delegates or locations: Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Visit our website for further information on this and other courses, to download the application forms for this or other courses, to book your place or to check availability - *It's updated daily!*

----- Booking Form -----

Basic Tai-Chi Skills for Use with Clients

Code: WEB

COURSE DATE _____ COURSE LOCATION _____

DELEGATE NAME _____

JOB TITLE _____

ADDRESS _____

_____ POST CODE _____

TEL No: _____ FAX No: _____

E-MAIL: _____