



Independent
Association of
Prep Schools

S30: Pastoral - Nurturing communication and attachment

Date Tuesday 3 June 2025
Venue Online
Cost IAPS members - £135 (non-IAPS members - £185)

Nurturing Communication

Using the power of relationships to improve regulation, belonging and learning.

Objective: Based on attachment theory and grounded in the evidence based from years of research into Nurture Groups, this training helps to bring what works in the Nurture Group into the classroom.

Based on the Nurture Principles, this course offers a dive into attachment theory, and what happens when things get in the way of positive attachment, including Adverse Childhood Experiences (ACEs), then goes on to equip teachers with an understanding of what they are already doing that is working, and what they can add to their toolbox to make their classrooms emotionally safer, more responsive, and more successful. We then take a deep dive into Nurturing Communication and how we can be sure we are giving the nurturing messages at all times (even during discipline), fostering a deeper relationship and more scope for success.

Audience Teachers, Pastoral Leads, Counsellors, Learning Support
Course Director Pippa Gresham, School Counsellor at Tanglin Trust School Singapore
Presenter(s) Clare Lancaster Educational Psychologist, Whole school Safeguarding Lead and Child Protection Officer at Tanglin Trust School Singapore

Clare Lancaster: Biography

Clare is founder and Director of Lau-Ed training an organisation that works with schools to bring engaging and practical workshops and consultation on a range of topics relating to Suicide Prevention, Safeguarding, Mental Health & Wellbeing, Psychology, and Education. Clare is an experienced Educational Psychologist who worked in Local Authority in Glasgow, Scotland for 6 years, before moving to Tanglin Trust School in 2016, where she has been Educational Psychologist and Whole School Safeguarding Lead. Clare will be joining United World College Singapore as Senior Safeguarding Lead in April 2025, to oversee safeguarding across both UWC campuses. She is registered with the British Psychological Society and with the Health and Care Professions Council (HCPC), the regulatory body for Practitioner Psychologists in the U.K. Clare is a registered ASIST (Applied Suicide Intervention Skills Training) Master Trainer, safeTALK (Suicide Alertness For Everyone) Trainer, Video Interaction Guidance Practitioner, and Seasons for Growth (loss and bereavement group programme) Companion. She has a keen interest in Wellbeing, and approaches that support this, including Attachment, Nurture, Resilience and Growth Mindset.

Programme

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Time	Activity - Speaker
0900	Registration
0930	Attachment & trauma (including ACEs) & Introduction to the nurturing principles
1030	Break
1045	Nurturing Communication – Claiming (delivering nurturing messages) & Attuning (effective communication)
1145	Comfort break
1150	Nurturing Communication – Resilience (assessing & building resilience) & Emotional Regulation (emotional awareness & de-escalation)
1200	Course ends

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