



Professional Development Opportunities 2026

Enhance your youth work practice with our expert-led training programme,
designed specifically for professionals working with young people.

Online via Zoom

Free of Charge

15 Places Max

Expert Tutors

2026 Course Programme

Eleven carefully designed workshops to develop your practice and better support young people. All sessions delivered online via Zoom.

Health, Lifestyle Choices and Inequality

Explore lifestyle medicine areas: movement, food, sleep, stress, substance use and social connection. Learn practical ways to encourage healthier habits without blame, focusing on positive conversations and motivation.

Date: Monday 12th October 2026
Time: 9:30am – 1:30pm
Tutor: Josh Barnbrook

Equality, Power and Inclusive Practice

2 Sessions

Explore diversity and inclusion using intersectionality and anti-oppressive practice. Reflect on your own values, assumptions and positions of power, and build cultural humility for fair, inclusive youth work that challenges inequality.

Date: Monday 9th November 2026 & Monday 16th November 2026
Time: 9:30am – 1:30pm
Tutor: Josh Barnbrook

NEW: Erasmus+ is Back

A practical introduction to the youth-work elements of Erasmus+ as the UK rejoins from 2027, covering Youth Exchanges, Mobility of Youth Workers, Youth Participation Activities, DiscoverEU Inclusion Action, and Small-scale and Cooperation Partnerships, plus an overview of the European Solidarity Corps. This is not an application-writing workshop — it will help you match your youth-work ideas to the right programme route and identify practical next steps ahead of the 2027 call.

Date: Wednesday 18th November 2026
Time: 12:00pm – 2:00pm
Tutor: Robin Konieczny

Adolescent Development – A Quick Refresher

An overview of how young people grow and change during adolescence. Explore key developmental tasks and learn how to view behaviour through a developmental lens, understanding supportive, age-appropriate youth work in everyday practice.

Date: Friday 20th November 2026
Time: 9:30am – 1:30pm
Tutor: Ariane Hoppler

How the Teenage Brain Works

Understand how the teenage brain develops and why this affects behaviour. Learn how the prefrontal cortex and limbic system develop at different speeds, and respond in a calm, supportive and trauma-aware way.

Date: Friday 4th December 2026

Time: 9:30am – 1:30pm

Tutor: Ariane Hoppler

Spirituality, Awe and Meaning in Youth Work

Explore moments of 'awe' — experiences that feel powerful and inspiring. Discover how awe and spirituality give young people purpose, connection and hope, inclusive of all faiths and non-religious worldviews.

Date: Monday 18th January 2027

Time: 9:30am – 1:30pm

Tutor: Ariane Hoppler

New Tools for Working with Gen Z and Gen Alpha

Explore how constant online connection, social media, and modern pressures influence young people. Learn creative and digital tools—games, journaling, card decks, videos—that help young people open up and develop emotional skills.

Date: Friday 29th January 2027

Time: 9:30am – 1:30pm

Tutor: Ariane Hoppler

NEW: Leading with Purpose in Youth Work

Leadership shapes team culture, trust, wellbeing and the experiences young people encounter. This interactive half-day workshop explores leadership identity, values, power, communication, trust and inclusive practice, helping you reflect on your own habits and lead with greater clarity, compassion and purpose.

Date: Monday 8th February 2027

Time: 9:30am – 1:30pm

Tutor: Josh Barnbrook

Mindfulness in Youth Work

Learn mindfulness practices for focus, calmness, self-awareness and emotional regulation. Try grounding exercises, breathing techniques, and reflective activities suitable for drop-ins, one-to-ones, groups, and residential.

Date: Friday 12th February 2027

Time: 9:30am – 1:30pm

Tutor: Ariane Hoppler

NEW: Managing People, Practice and Change

Managing youth work practice is complex and deeply relational, shaping staff wellbeing and the quality of support young people receive. This practical half-day workshop explores supervision, communication, decision-making and leading teams through uncertainty and change, building confidence to manage people and practice with calmness, clarity and care.

Date: Monday 15th February 2027

Time: 9:30am – 1:30pm

Tutor: Josh Barnbrook

NEW: Understanding Gendered Experiences of Adolescence

2 Sessions

Gender can have a powerful influence on how young people experience adolescence, shaping their identity, relationships, confidence, wellbeing and sense of belonging. This lively and interactive three-hour virtual CPD workshop explores the different and overlapping experiences of girls, boys and gender-diverse young people, bringing together current research, emerging debates and the realities young people face today. Through discussion, reflection and practical activities, participants will explore masculinity and femininity, mental health, friendships, social media, online influences and the growing need for safe “third spaces” where young people can connect, feel accepted and be themselves.

Date: Monday 1st March 2027 & Monday 8th March 2027

Time: 9:30am – 1:30pm

Tutor: Josh Barnbrook & Ariane Hoppler

Free Partner Training: The Politics Project

Additional free live online sessions delivered by The Politics Project. Register directly via the link on each session — not through the application form above.

Conversations with Politicians

Supports youth practitioners to invite politicians into their youth space to talk with young people — often their first encounter with a politician. Learn what good practice looks like, how to design a session with clear outcomes, how to prepare and debrief with young people, and how to identify and approach the right politician to invite.

Date: Thursday 24th September 2026

Time: 11:00am – 1:00pm

Provider: The Politics Project

[Register →](#)

Gamifying Democracy

Explore games and activities you can use in youth settings to start conversations about politics and democracy. Designed for youth clubs, classrooms and informal spaces, these games offer meaningful, enjoyable ways to help young people explore their power, voice, ideas for change, and their feelings towards politics and politicians.

Date: Thursday 1st October 2026

Time: 11:00am – 1:00pm

Provider: The Politics Project

[Register →](#)

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Supports youth practitioners to invite politicians into their youth space to talk with young people — often their first encounter with a politician. Learn what good practice looks like, how to design a session with clear outcomes, how to prepare and debrief with young people, and how to identify and approach the right politician to invite.

Date: Wednesday 14th October 2026

Time: 11:00am – 1:00pm

Provider: The Politics Project

[Register →](#)

Ready to Apply?

Places are allocated on a first come basis and by geography to ensure equitable distribution across the region.

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Complete the application form • East of England & East Midlands Region

Courses require attendance at all sessions and completion of set tasks between sessions.