

YOU'RE INVITED TO A **ZOOM WEBINAR**

DE-ESCALATION

**TUESDAY 17 FEBRUARY,
1PM – 2PM**



ELLE CRADWICK

Mental Health Educator, Big Chats Ltd.

Nō Ingarangi, nō Ōtautahi ahau

Ko Tangata Tiriti ahau

Ko Elle tōku ingoa.

Elle has a background in Psychology, suicide prevention, and not-for-profit leadership, and is passionate about all things mental health & wellbeing. She is the General Manager of Big Chats, a social enterprise which teaches people and organisations how to support mental health for long-lasting impact. Her facilitation style is interactive, grounded in best practice, and centred in practical tools people can implement in their professional and personal lives.

By the end of the webinar, participants will:

- Understand the neurological underpinnings of the stress response system and know its relevance in escalated behaviour
- Know how to present as 'calm' in situations that feel anything but calm
- Be able to identify where someone is on the escalation cycle
- Feel confident in what to do and what to avoid to de-escalate and/or prevent further escalation

REGISTRATIONS REQUIRED

Use the link:

<https://tinyurl.com/MHHDEESCAL>

**health
hub**