



Rebuild Training

Welcome to Rebuild East Midlands' training pack, designed to equip professionals, individuals, and organisations with the knowledge and skills to support individuals affected by trauma, including those who have experienced Modern Slavery and Human Trafficking. Our training is led by staff with real frontline experience, so you'll gain practical, hands-on knowledge and insight.

We have a range of training packages that have proven popular, but we regularly tailor these to suit the specific needs of our clients in terms of length, location, and content.

Our three main training sessions are:

1. An introduction to Modern Slavery and Human Trafficking
2. What is Trauma and how does it impact people?
3. Vicarious Trauma, Prevention, Resilience

1. An introduction to Modern Slavery and Human Trafficking

Option 1: Modern Slavery and Human Trafficking online overview workshop (1 hour)

Suitable for a (bring your own) lunch and learn session or during a team meeting, this is a short interactive session aims to give a good overview of the issues around modern slavery and human trafficking (MSHT). During the session, attendees will learn more about MSHT, spotting the signs of exploitation, and having a clear understanding about what to do if they are concerned.



Option 2: An introduction to Modern Slavery and Human Trafficking – 3.5 hours Half Day Training

This course offers a comprehensive introduction to MSHT, exploring its causes, methodology, and impact on individuals, as well as the legal framework and the National Referral Mechanism. With case studies and an interactive approach, this training brings the realities of MSHT to life, helping participants recognise the signs and learn how to respond effectively.

This course is relevant for anyone that might come into contact with people who are the victims of MSHT, including frontline operational and administrative staff in the public sector and in the community and voluntary sector.

Participants reported a 60% increase in knowledge of modern slavery and human trafficking



2. What is Trauma and how does it impact people?

Our half-day course (3.5 hours) delves into what trauma is, along with the different types of trauma. We will explore the causes of trauma and the brain's responses. We will discuss the mental and physical impact of trauma, while also exploring strategies for effective responses. With an interactive approach, it helps participants understand trauma within their own context and equips them with the knowledge to take appropriate, informed action.

3. Vicarious Trauma, Prevention, Resilience

Trauma affects more than just the individuals who experience it directly; it can also lead to secondary or vicarious trauma in those who support them. Recognising and addressing vicarious trauma is essential for maintaining a healthy, resilient workforce.



Our half-day course (3.5 hours) equips participants with the knowledge, skills, and tools to safeguard their own mental health and wellbeing while working with trauma survivors or handling emotionally challenging material. By focusing on prevention and resilience, the training helps participants develop effective strategies to manage the emotional weight of their work and maintain long-term personal and professional wellbeing.

All our courses can be delivered either at your premises or online.

Training Fees

All of our income goes towards supporting our charitable work with survivors of Modern Slavery and Human Trafficking meaning you can be confident that when you work with us you are helping others at the same time.

There is a maximum number of 20 participants for all half day training courses:

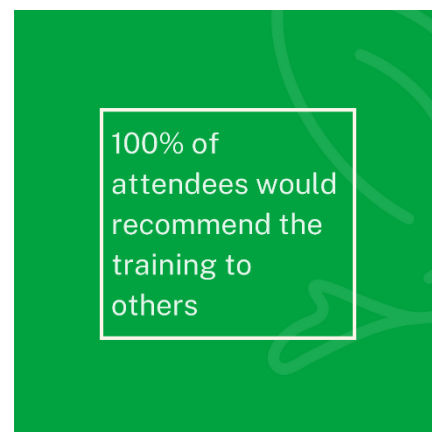
3.5 hours Half Day Training – £650 with 20% discount for voluntary and community organisations.

Taster 1 hour Training Course – £195 with 20% discount for voluntary and community organisations.

Every few months we also deliver half day trainings that are open to anyone who would like to attend – please go to our website

<https://www.rebuildeastmidlands.org/what-we-do/training-and-awareness/> to find out when the next course is running, or to book any of the courses above.

To find out more details about our training, please contact training@rebuildeastmidlands.org





About Us

Rebuild East Midlands provides long-term support to adult survivors of modern slavery, to enable and empower them to rebuild their lives free from exploitation.

We provide advocacy and practical assistance tailored to each individual's unique needs, emotional support through wellbeing initiatives, therapy and coaching, and community support through group activities.

Every journey is personal, so we listen and work closely with survivors to help them regain control of their lives. Whether it's securing housing, accessing therapy, connecting with solicitors and employers, or reducing isolation through group support, we're here to guide each person toward a future of hope and resilience.

We are here so that people don't have to recover alone.

To find out more go to our website <https://www.rebuildeastmidlands.org/>



“The staff at Rebuild helped me to feel free. Now I can walk around without fear.” Ayo