



## ABOUT US

Limited Edition Training is run by Gary Richardson who has 30 years of experience working with sport and young people. This vast experience has helped him to become a tutor of choice for a range of training agencies in the UK.

When you book with us you will receive the benefit of this experience along with a creative delivery style that aims to match the theory with the questions that your staff are asking.

Our aim is to become the best training provider available through continuing professional development in order that we can equip you to be the best for your young people.

### Specialist Training for youth/sport projects

We aim to work with as many young people as possible in order to teach them about their worth as people and work with the leaders among them to help them on their path towards helping those around them.

To equip professionals and adults to do the same for young people.



## OUR TRACK RECORD

“Gary is an excellent tutor, able to adapt to the attendees to build their experience into the workshops he leads and to ensure that his content is allowing everyone to develop and learn. His style is engaging and enthusiastic and feedback to us from attendees always highlights this as a huge positive.”

**Lorna Leach - London Sport**



### Our Clients

Sporting Inspirations CIC • Pro-Action Herts  
UK Coaching • Streetgames  
Mental Health First Aid England • Sports Structures  
ABC Life Support CIC • Sharnbrook Academy  
UK Dodgeball Association • Tennis Foundation



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# Specialist training courses



Over 12 bespoke courses to help you grow your staff and young people



## COMPLIANCE RELATED COURSES

Creating a safe environment for your young people is crucial for all organisations. Our First Aid and Safeguarding courses help your staff meet their compliance obligations. Mental Health First Aid is becoming increasingly important in helping young people to deal with whatever life throws at them.

### Safeguarding

Safeguarding and protecting young people in sport  
Safeguarding for All - Non sports specific  
Plus, bespoke courses to meet your needs

### First Aid

3 day - First Aid at Work  
Emergency First Aid at Work  
Paediatric First Aid  
Plus, bespoke courses to meet your needs  
From April 2020 onwards

### Mental Health First Aid

2 day - Youth Mental Health First Aider  
1 day - Youth Mental Health First Aid Champion  
½ day - Youth Mental Health First Aid Aware  
Plus, bespoke courses to meet your needs

## GROWING YOUR STAFF AND YOUNG PEOPLE

Knowing that you have created a safe / compliant environment around your staff and young people, you can now help them to thrive. Our growth courses can help everyone to add skills to be used in your club setting and in their wider life.

### Developing leadership

Looking at ways to help young people develop their leadership skills in an experiential way.

### Inclusive Activities Programme

Exploring the principles of designing and running activities that are accessible to key equity groups - Disabled, BAME, women and girls.

### Sports Activators

Learn the basics of a range of sports: Badminton, table tennis, tennis, cricket, rugby, handball, golf, athletics, basketball, volleyball, dodgeball, tchoukball

### Building resilience

Building resilience in young people - exploring how your setting promotes resilience in young people using theory, activities and Q&A.

### Dealing with challenging behaviour

Helping youth workers, sports coaches and others working with young people to build strategies into their delivery to deal with challenging behaviour.

### Working with young people

Sharing 30 years of experience working with young people in an informal course that seeks to help delegates to realise what they are doing well already and add extra skills to their toolkit.

### Sport for wellbeing

Exploring the way that sport can contribute to a young person's wellbeing. Based around key principles of mental health first aid.

### Understanding a multi-skills approach to PE

A practical guide to using a multi-skills approach to develop strong PE foundations for younger pupils.

### Running Innovative sports sessions

A practical look at how well-known sports can be delivered in an innovative way in your PE sessions.