Training Course on Anti-Bullying Strategies and Intervention Leadership

Professional Development Training Course Outline

Category	Educational Leadership and Management	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Bullying continues to be a critical challenge in educational institutions, workplaces, and online spaces, impacting mental health, academic performance, and social well-being. Training Course on Anti-Bullying Strategies and Intervention Leadership empowers participants with practical tools, evidence-based strategies, and strong leadership techniques to prevent, identify, and manage bullying in diverse settings. Leveraging trauma-informed practices and inclusive leadership approaches, this course enhances the capacity of professionals to foster a positive, safe, and inclusive environment for all.

Participants will explore effective anti-bullying policies, intervention tactics, and digital citizenship education, while engaging in real-world case studies, scenario-based simulations, and collaborative problem-solving. This comprehensive training is ideal for individuals who want to champion mental wellness, promote emotional intelligence, and create systems of accountability and support in schools, organizations, and communities.

Programme Curriculum

Training Course on Anti-Bullying Strategies and Intervention Leadership

Introduction

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Course Objectives

By the end of this course, participants will be able to:

1. Understand the psychological and social impacts of bullying.
2. Recognize different types of bullying, including cyberbullying and microaggressions.
3. Apply evidence-based intervention strategies.
4. Promote a culture of inclusion and empathy.
5. Develop and implement anti-bullying policies.
6. Train staff and students in bystander intervention tactics.
7. Build strong digital safety awareness programs.
8. Address bullying among diverse populations, including LGBTQ+ and students with disabilities.
9. Evaluate the effectiveness of restorative justice practices.
10. Lead school-wide and workplace anti-bullying campaigns.
11. Analyze real-life bullying case studies to enhance practical response.
12. Develop cross-functional collaboration with stakeholders (e.g., parents, HR, social workers).
13. Cultivate emotional intelligence and trauma-informed leadership.

Target Audiences

1. School Principals and Administrators
2. Teachers and School Counselors
3. Youth Mentors and Social Workers
4. Corporate HR Leaders and DEI Officers
5. Law Enforcement Officers & SROs
6. Parent-Teacher Associations (PTAs)
7. Non-Profit Program Coordinators
8. Mental Health Professionals

Course Duration: 5 days

Course Modules

Module 1: Understanding Bullying and Its Impact

- Types of bullying (physical, verbal, relational, cyber)
- Recognizing signs and psychological effects
- Demographics and risk factors
- Long-term impacts on victims and perpetrators
- The role of trauma and resilience
- **Case Study**: School bullying and student suicide prevention

Module 2: Cyberbullying and Digital Citizenship

- Online harassment and its psychological toll
- Tools and laws for cyberbullying intervention
- Teaching students about safe online behavior
- Managing social media threats
- Engaging parents and guardians in digital awareness
- **Case Study**: Managing viral bullying on social platforms

Module 3: Building Empathetic and Inclusive Environments

- Strategies to promote empathy and compassion
- Equity, diversity, and inclusion (EDI) frameworks
- Addressing bias, stereotypes, and microaggressions
- LGBTQ+ and disability-inclusive practices
- Creating safe zones and support networks
- **Case Study**: Peer support program for marginalized students

Module 4: Effective Intervention and Reporting Procedures

- Step-by-step bullying intervention protocols
- Confidential and secure reporting systems
- Role of bystanders and staff intervention
- Legal and policy considerations
- Ensuring follow-up and emotional support
- **Case Study**: Revamping a school's anonymous reporting system

Module 5: Trauma-Informed and Restorative Practices

- Principles of trauma-informed care
- Restorative justice circles and conflict mediation
- De-escalation techniques
- Emotional regulation strategies
- Reintegrating students post-conflict
- **Case Study**: Implementing restorative practices in middle school

Module 6: Training and Empowering School Staff and Stakeholders

- Designing professional development sessions
- Role-playing and intervention simulations
- Staff collaboration and coaching
- Parent and guardian involvement
- Cross-sector partnerships (e.g., local authorities, NGOs)
- **Case Study**: Launching a multi-stakeholder anti-bullying committee

Module 7: Campaign Design and Community Engagement

- Creating school or workplace awareness campaigns
- Branding and messaging for anti-bullying initiatives
- Social media and community storytelling
- Hosting student-led town halls and forums
- Measuring outreach success
- **Case Study**: District-wide "Kindness Week" campaign

Module 8: Monitoring, Evaluation, and Leadership Reflection

- Using data to track progress
- Pre/post intervention assessments
- Reflective leadership tools
- Continuous improvement models
- Scaling successful programs
- **Case Study**: Tracking reduced bullying rates post-intervention

Training Methodology

- Interactive lectures and group discussions

- Scenario-based learning and simulations
- Reflective journaling and leadership coaching
- Problem-solving breakout sessions
- Case study analysis and solution mapping
- Personalized action plan creation

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training CenterANCY LD account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com