

Amity
welcome to the
relationship revolution

NEW
PRODUCTS
INCLUDED

2025

AMITY TRAINING,
RESOURCES AND
DIGITAL LEARNING HUB



**Relationships don't need to be flawless,
they just need to be real and resilient –
where repair happens after rupture.**

AMITY: REBUILDING RELATIONSHIPS

At Amity, we believe that what matters is not avoiding relationship challenges because it feels too difficult – but learning how to repair them when they arise. Relationships can falter, but they don't have to leave lasting scars. We know that those working with families have the skills and passion but often lack the right tools to do the job. That's where we come in. With decades of expertise in system change, family dynamics and workforce support, we equip organisations with the training and resources to create real, confident change. Our tailored packages are designed to strengthen all types of family relationship difficulties. We help teams and their managers identify when things feel stuck and guiding them toward practical, positive and workable solutions.

We understand the delicate balance of relationships: what makes them thrive, the subtle reasons they falter, and most importantly, how to help them flourish again.

Our mission is simple yet transformative: to empower you and your teams with the skills to navigate challenges, reduce conflicts and build stronger communities.

No practitioner should settle for “It is what it is”.

Together, we will spark a revolution in relationship-building, empowering individuals, families, and communities to find peace, understanding, and genuine connection.



We're Amity, and helping you build strong, healthy relationships is what we do.



Emily

With 25 years experience under her belt, Emily's certainly earned her stripes as a 'relationship expert'. During her 19 years within Local Authority Children's Services departments, she grew expertise in family dynamics and parenting, child exploitation, youth justice, domestic abuse and parental conflict. Emily understands the challenges, needs and hopes of people working with families in public services - she's been there herself. She's super passionate about making sure professionals have the chance to learn the skills to support people the best they can.



Kate

Kate's made it her business (literally!) to understand how and why we struggle with the way we relate to one another, and how to change that. Trained by the Institute of Family Therapy and Relate, Kate specialises in couple relationships, be that together or apart. Kate's worked with families for 30 years and is passionate about learning what parents really need to gain confidence and knowledge (and then helping them with this). Not a big fan of theory or advice, Kate loves to share compassionate, useful and practical ideas that help people change.

LET US TAKE CARE OF
YOUR RELATIONSHIP-
FOCUSED WORKFORCE
DEVELOPMENT NEEDS.



Here is what you can expect from Amity:

CO-PRODUCTION

We are experts in co-production. Our process is simple and transparent – design, plan, assess, and deliver. We do this together, with you from day one.

CONSISTANTLY GOOD FEEDBACK

Our reputation means everything to us. When we work with you we respect and represent your organisational values and core beliefs – they become a shared objective. Our feedback reflects our commitment to you.

RELATIONSHIP EXPERTISE

We understand the workforce and we are experts in relationships.

We work with your organisation and partners to understand your systems, processes and priorities and how they fit in to your overall workforce development ambitions.

CHALLENGE

We challenge you to reflect on where you really are in terms of your journey, we challenge you to be ambitious and realistic about what you want to achieve. We are the critical friend who works alongside you and your partners to shape a legacy that will be in place for the long term.

“I have never been part of a group like this before. It was good to hear other people talk about their relationship, what it’s like to bring up children and the pressure that can bring. It definitely got us thinking about ways we could communicate so that the kids aren’t affected by our differing parenting views. We are talking things through a lot more than we did, we met some nice people.” ”

Sam, parent and step-parent attended The Amity Group



Amity Training and Resources At a glance



**We have a range of resources
& training options to help the
workforce hit the ground running.**

We have carefully created a comprehensive suite of resources and associated training to suit everyone working with families, adults and children.

For a more detailed explanation of our offer please visit our digital brochures at:

www.weareamity.co.uk

“Emily and Kate have been leading the way nationally and at a local level with work around the family relationships agenda. Both presented at our regional conference and those of us lucky enough to be in attendance walked away singing their praises and feeling they had helped us understand what the relationships agenda is all about and how it relates to all of us”

**Stacey, Strategic
Family Hubs Lead**

TRAINING AND LICENCES

Our training is delivered by experts either face-to-face, virtually or via our digital learning platform. Some of our self-help resources require no training.

All Amity resources are licenced to you on a lifetime basis, which means no annual renewal fees!



Relationship Toolkit

This practical resource is designed to help any organisation improve its approach to building better relationships with parents. The Amity Toolkit is an essential 88-page universal support resource intended for practitioners working with adults or entire families. It aims to enhance their confidence and skills when dealing with parental conflict.

The Amity Toolkit has been independently evaluated and is widely used across the England and Wales.

Parenting Together Sessions

This concise 6-session resource is designed for practitioners working with couples or individuals. It provides a structured approach to help navigate relationship challenges, offering practical tools to address everyday stressors such as parental conflict and communication difficulties. The resource equips couples with insights and skills to enhance understanding and strengthen their relationships.



Parenting Apart Sessions

This comprehensive 6-session structured resource is specifically crafted for practitioners to facilitate directly with parents who are navigating the complexities of co-parenting. The resource encompasses a variety of practical strategies, tools, and materials aimed at fostering respectful communication between parents, particularly in situations where conflict is affecting their children. By using this resource, practitioners can assist parents in developing healthier interactions and reducing the negative impact of their disputes on their children's well-being.

iCAN

This structured one-on-one parenting resource is guided by a practitioner. It is designed for parents and caregivers with children aged up to 18, with a focus on enhancing parenting skills, confidence, and self-esteem. The resource aims to help parents become more confident, calm, and capable in their parenting roles.



iCAN Dads

This structured one-on-one parenting resource is guided by a practitioner. It is designed for parents and caregivers of children up to 18 years old, with a focus on enhancing parenting skills, confidence, and self-esteem. This resource is specifically created for fathers who wish to strengthen their relationship with the child they care for.

The Amity Group

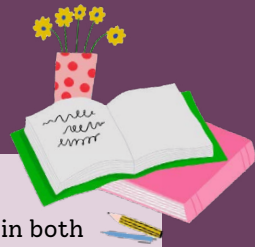
This parenting resource can be delivered in-person or online. Over six sessions, individuals or couples raising children receive support in a group setting to enhance their parenting relationship. This includes improving communication skills and strategies for managing conflict.

Safe Space

This is a structured resource designed for one-to-one use, guided by practitioners. It is practical in nature and intended for multi-agency practitioners who work with families affected by child-to-parent violence and abuse, as well as those supporting children displaying challenging behaviour. It is suitable for use with parents, caregivers, and their children up to the age of 15.



Next Time Parenting Together or Parenting Apart



These quick and easy to use self-help resources are available in both digital or physical formats and digitally downloadable in any language. They provide practical problem-solving strategies and ideas for couples or separated parents who need a “communication repair first aid kit” after an argument or disagreement. The goal is to enhance their communication and improve their responses to everyday conflicts, so children are less impacted by adult relationship issues.

Me in The Middle

This digital learning module, paired with a downloadable toolkit, equips practitioners to understand how children and young people feel about their relationships with the people around them. Designed and co-produced with frontline practitioners, to place the child’s voice and lived experiences at the heart of practice. This resource is essential for anyone working with children and young people, packed with tools that prioritise what matters most: the child’s perspective.

The Little Book of Relationships

This popular little book serves as a practical and reflective self-help guide aimed at helping people understand the reasons behind their arguments and how to reconnect with one another. It provides strategies for navigating conflicts in a more constructive manner.

The guide supports couples in reflecting on their strengths while tackling challenges. It’s also highly effective with practitioner guidance, making it perfect for community settings.



Family Communication

Amity's Family Communication resource and the accompanying workshop have been designed in collaboration with schools and parents/carers. The aim is to foster healthy relationships at home and highlight how these relationships affect children's educational and emotional outcomes. Additionally, the workshop and book seeks to enhance the home-school relationship. Family Communication is delivered in schools by their own teachers and educational staff.

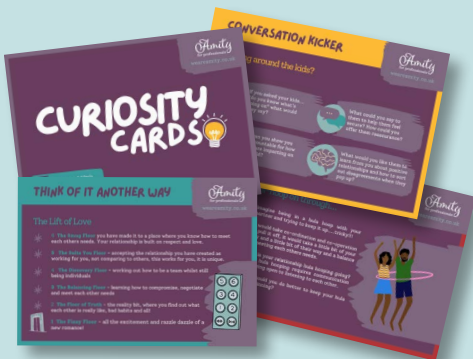
Close to Home

Close to Home is a set of resources and workshops designed for anyone involved in community work or volunteering. Its purpose is to strengthen connections within families and the wider community, as strong, resilient communities contribute to better outcomes for children.

This initiative provides tools to help community members engage effectively, resolve conflicts, and build healthier relationships. By promoting collaboration and support networks, Close to Home aims to create healthier adult environments where children can thrive, ultimately enhancing their educational performance, emotional health, and social skills.

AMITY CURIOSITY CARDS

Amity Curiosity Cards are designed to support brilliant relational practice one conversation at a time. These laminated card sets are designed to sit in a practitioner's bag, ready to be whipped out. They offer prompts, conversation kickers, and Amity's unique interactive tasks, helping your teams feel confident about maximising every interaction with families.





Our Spotlight Sessions

Our popular spotlight sessions, delivered by subject matter experts, are perfect for quickly getting your workforce up to speed on a range of topics. We also create bespoke sessions for you to meet a particular workforce need.



PINPOINT

Recognising the difference between parental conflict and domestic abuse

This extremely popular half-day training session is designed for any practitioner working with children, adults or families. It's been created in response to questions raised by the wider workforce, people who are keen to recognise the difference between parental conflict and domestic abuse. The session explores the language used to describe parental conflict and domestic abuse, understanding coercive control, the critical difference between the two concerns and why sometimes there are overlaps. We work through the confusion this can cause and what do if a practitioner is concerned about either.



GRAVITY

Understanding the effects of domestic abuse.

This half-day training is useful for anyone who needs to understand more about domestic abuse, including recognising and responding to DA as part of their role. This training requires some pre-work with your organisation which allows us to personalise content to your local area (including local services and pathways). The session also includes information about the Domestic Abuse Act, what domestic abuse is, the societal impact of domestic abuse, recognising signs and what to do about disclosures or concerns.



MANPOWER

Working with dads and men

This thought-provoking session is intended to help frontline practitioners think about the role of fathers and other significant men in their lives (partners, stepfathers, grandads, uncles etc). It describes how best to engage and work with men more confidently and answers a number of key questions:

- How can we raise our expectations of men as caregivers and change our expectations of their contribution to family life?
- What happens when we treat men with suspicion?
- How does our lived and professional experience influence our approach to working with men?

As women continue to be regarded as the prime (and sometimes only) protective carers for their children, how can we shift our thinking so that we get the very best out of men in caregiving roles?



UNMASKED

Working with child to parent violence and abuse.

This popular half-day training supports the frontline workforce to recognise and respond to child-to-parent violence and abuse (also known as adolescent-parent violence and child-on-parent violence). It's been designed to leave practitioners confident in supporting parents to implement strategies and undertake safety planning. The training explores real, anonymised families affected by this specific, often underreported family difficulty. Throughout the programme, we use case studies and reflect on these families' stories and journeys. The training provides helpful tools and strategies that parents and their children find valuable when making changes.



CLOCKED

Understanding the impact of parental conflict on children

This half-day training course is for anyone who wants to develop their understanding of parental conflict and how it affects children. The session provides participants with a strong awareness of the subject, how to start a conversation with someone about a relationship facing this challenge and what to do next.



AMITY RELATIONSHIP DIGITAL LEARNING HUB

This fun e-learning training is designed for anyone working with children and families. Learning units can be completed in a practitioner's own time.

WE'RE PASSIONATE ABOUT RELATIONSHIPS

At Amity, relationships are at the heart of everything we do. Through our training, seminars, and consultancy, we've witnessed firsthand how our message resonates, not just professionally but personally too.



This inspired us to create Sanity Sisters, a social media movement dedicated to providing accessible, practical, and real relationship advice for anyone who needs it.

Whether you're seeking tips for navigating tricky conversations or looking to build healthier connections in your everyday life, Kate and Emily aka The Sanity Sisters are here to help.

Follow us for fresh insights, heartfelt advice, and a little sanity boost when you need it most!



[THE_SANITY_SISTERS_](https://www.instagram.com/the_sanity_sisters_)

GET IN TOUCH

We'd love to learn more about your plans and how we can help bring them to life.



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