

# Training in Emotion Coaching



Online  
Training



*'This training has been an absolute game changer for my practice and I have noticed a big difference in children being able to accept care and help.'*

Former participant

# Training in Emotion Coaching

## What do we mean by Emotion Coaching?

Emotion Coaching is an evidence based approach to help children to understand and manage their emotions. Emotion Coaching enables adults to co-regulate children's emotions, de-escalate situations where behaviour is challenging and develop children's ability to self-regulate their own emotions and behaviour. It can be used by anybody to respond to children's emotions as they happen.

## Who is this training for?

Anyone working alongside children or young people in school or care settings.

## This course will cover:

1	Research, theoretical basis and neuroscience behind Emotion Coaching.
2	Understanding different emotional styles relevant to Emotion Coaching.
3	How to respond sensitively and consistently to emotions and behaviours.
4	Understanding and practice of Emotion Coaching techniques.
5	Opportunities to reflect and embed Emotion Coaching in practice.



PARTICIPANT  
FEEDBACK

*'What I have learnt I will use not only in my practice, but in my home life too. I thoroughly enjoyed the discussions sparked by the training among professionals from various backgrounds and experiences.'*

## Where is it held and what will the training look like?

The training takes place online and is delivered over two training sessions and a practice development session:

**Thursday 16th January** 9.30-12.30

**Thursday 30th January** 9.30-12.30

**Thursday 6th March** 9.30-11.00

## How much does it cost?

**£170** per person. Please note spaces are limited to 15 people.

## How to book

For more details and to book a place please contact **Angela Brown** email [abrown@mulberrybush.org.uk](mailto:abrown@mulberrybush.org.uk)

