

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:

Friday 14th March 9.30 - 12.30

Friday 28th March 9.30 - 12.30

Friday 9th May 9.30 - 11.00

How much does it cost?

£180 (plus VAT) per person. Please note spaces are limited to 20 people.

How to book

For more details and to book a place please contact **Angela Brown** email abrown@mulberrybush.org.uk

