

# 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:

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| 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 23rd January** 9.30 - 12.30

**Friday 13th February** 9.30 - 12.30

**Friday 13rd March** 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](mailto:abrown@mulberrybush.org.uk)

