Emotion Coaching training

This bite-sized, pre-recorded training is on-line and on-demand and full of useful, practical information that will support you in developing a relational approach to behaviour.

Emotion Coaching is an evidence-informed strategy (based upon the work of the psychologist John Gottman) aimed at helping children and young people to understand the different emotions they experience, why they occur and how to handle them (Gottman 1997). In the simplest terms, you can coach children about emotions by comforting them, listening and understanding their thoughts and feelings, and helping them understand themselves. As you do this, children will feel loved, supported, respected, and valued. With this emotionally supportive foundation, you will be much more successful at setting limits and problem solving.

Research findings have demonstrated that emotion coaching helps:

- Children to regulate, improve and take ownership of their behaviour
- Children to calm down and better understand their emotions
- Practitioners to be more sensitive to children’s needs
- Create more consistent responses to children’s behaviour
- Practitioners to feel more ‘in control’ during incidents
- Promotes positive relationships between children and adults (Rose and Gilbert 2017)

PRICE:

- £75

Note - it is single purchase price ‘per school’ that will allow ALL your staff to access this training.

Optional – follow up ‘supervision’ session for staff: group (up to 8) or individual.

This one-hour supervision session with an educational psychologist will provide a supportive, creative and reflective space where staff can benefit from sharing successes and concerns; be listening to; explore ways of effectively embedding emotion coaching into their practice; and have opportunities to develop their skills.

PRICE:

- £70 per session

Please visit our website – www.futuresinmind.org for more information. Go to our staff training page to access this training.

If you have any queries, please get in touch with us: equiries@futuresinmind.org