

# emotion coaching

Using emotional co-regulation and guidance to enable children and young people to develop prosocial behaviour

kca.

## Course Aims:

- Understand key principles underlying emotion coaching
- Explain how the concept of emotion coaching emerged from research on parenting
- Describe how emotion coaching contributes to healthy brain development
- Outline the key steps in emotion coaching
- Understand emotion coaching in practice
- Explain how empathy and guidance can help children and young people manage their behaviour

## Course Content:

- What is emotion coaching and why is it good for children and schools?
- The four response styles
  - Dismissing
  - Disapproving
  - Laissez-faire
  - Emotion Coaching
- Emotion coaching: A 3 step approach:
  - Recognising and validating feelings
  - Setting limits to behaviour
  - Problem solving with the child
- Application of emotion coaching to practice



## Details of events:

**15/11/2023 - 15:40pm - 17:00pm**

The training sessions are for 1 hour and 20 minutes, and held online using the TEAMS platform. Training can be done around one screen if desired but we will still require all contact numbers and email addresses for staff attending.

Please contact [courtney.hopson@gloucestershire.gov.uk](mailto:courtney.hopson@gloucestershire.gov.uk) to book onto this Virtual School Training opportunity.

Non attendance or less than 48 hours' notice of cancellation will incur a costs of £50 per delegate. Cancellation must be sent to the Virtual School.

If you would like to attend but are unable, please contact us to discuss how we can help with access to the recorded session

Why not use this session as after school training and as part of your staff meeting CPD?