

# A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

## EMOTION COACHING (EMOTION COACHING UK)

**Emotion Coaching** was developed by Dr. **John Gottmann**. It is a relational approach that helps children understand their different emotions and how to manage them. It involves listening with empathy and validating feelings, then helping the child label their emotions, and finally, guiding them towards problem-solving or constructive ways to cope. It's built on five key steps:

### WHAT?

- Become aware of the child's emotion.
- Recognise the emotion as an opportunity for connection and teaching.
- Listen with empathy and attunement and validate the child's feelings.
- Help the child to find the words to label the emotions.
- Set limits or guide the child in problem-solving (if needed).

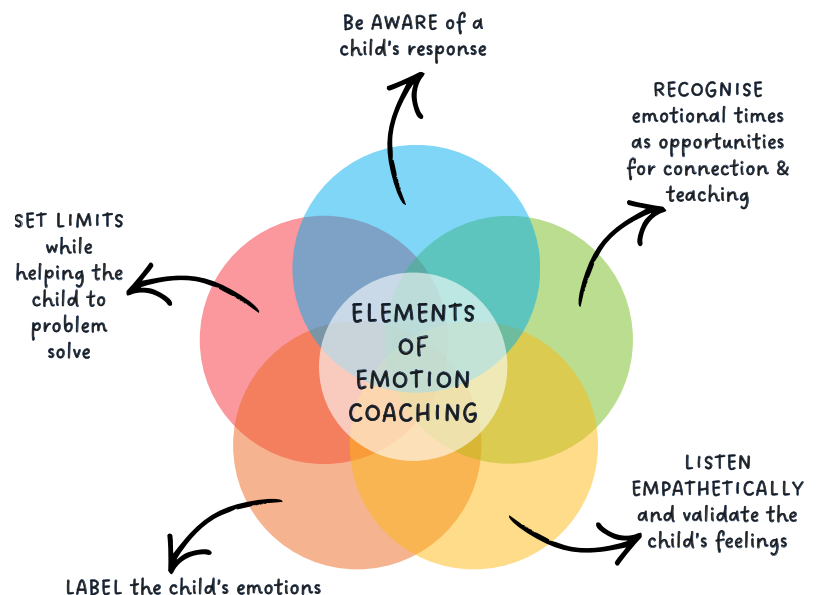
**Emotion Coaching** is a powerful strategy for developing emotional literacy and self-regulation, core components of SEL.

### WHY?

**Emotion Coaching** supports core SEL skills like emotional literacy, regulation, empathy, and positive relationships. Neuroscience shows that naming emotions calms the brain (especially the amygdala), helping children move from dysregulation to reflection and learning. It's particularly powerful with children who have experienced trauma, anxiety, or behavioural difficulties.

### SEL?

**Emotion coaching** skills support self-awareness, self-management, social awareness, relationship skills and responsible decision making.



### FIND OUT MORE

- <https://www.emotioncoachinguk.com>
- <https://www.emotioncoachinguk.com/resources>
- **Book**
  - Emotion Coaching with Children and Young People in Schools by Gilbert et al (see the [Headstart wellbeing book club](#) for more information / review)
- The Cornwall Education Psychology Service has Emotion Coaching training for schools and a series of [short videos for parents and carers](#) explaining the approach.

### SEE ALSO

- Attunement
- RULER
- Self-Reg
- Zones of Regulation