

Training

Emotion Coaching training can be delivered in a number of ways, tailored to meet your setting's individual requirements:

- 2 hour training (includes 1 hour preparation time and 1 hour follow up)
- In depth full day training (includes 1 hour preparation time and 1 hour follow up)
- Additional follow up sessions in staff meetings can also be arranged

Cost:

Schools with a Service Level Agreement (SLA)

- 2 hour training: 4 hours of SLA time
- 1 day in depth training: 1 day of SLA time

Please discuss your individual requirement with your link Educational Psychologist.

Schools without an SLA

- 2 hour training: £320

This is purchased via the Services 4 School Portal selecting the Emotion Coaching option.

- 1 day in depth training: £530

This is purchased via the Services 4 School Portal selecting the Educational Psychology Flexible option

Please discuss your individual requirement with your link Educational Psychologist prior to purchasing.

For MATs or training for larger groups of staff please contact us.

Your link Educational Psychologist



Contact us

For advice and guidance please email us at:

tradedepservices@cornwall.gov.uk

Or call us on:

01579 341132



If you would like this information in another format or language please contact:

Cornwall Council, County Hall,
Treyew Road, Truro, TR1 3AY

e: **equality@cornwall.gov.uk**

t: **0300 1234 100**



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Together 
for Families

Emotion Coaching staff training

School information leaflet



 www.cornwall.gov.uk

Emotion Coaching* draws upon neuropsychology, attachment theory and focuses on **developing and maintaining relationships** with children and young people to **support** their **social, emotional and mental health** and their learning and attainment.



* Developed in the USA by Psychologist John Gottman, 1997.

An evidence based approach

Research carried out by Bath Spa University indicates that Emotion Coaching:

- Helps children and young people to regulate, improve and take ownership of their behaviours.
- Helps children and young people to calm down and better understand their emotions.
- Helps practitioners to be more sensitive to children and young people's needs.
- Helps create more consistent responses to children and young people's behaviours.
- Helps practitioners to feel more 'in control' during incidents.
- Helps promote positive relationships.

A relational approach

Emotion Coaching is a relational approach which means it focuses on supporting children and young people to develop their internal regulation by building positive relationships based on empathy, attunement, understanding, and respect.

'Name it to tame it'

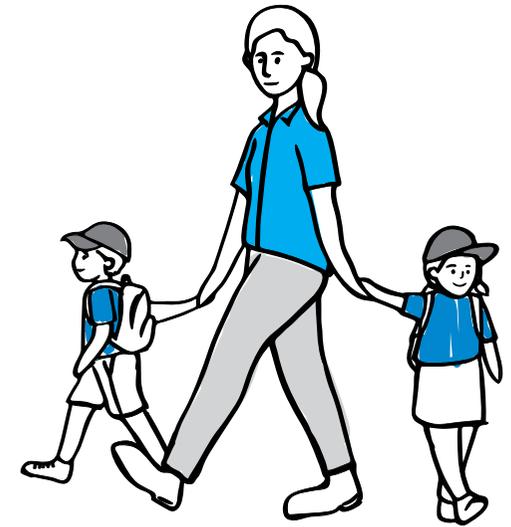
'Connection before correction'

'Rapport before reason'

Through repetitive, consistent and empathetic Emotion Coaching, the ability of a child or young person to regulate their emotions is promoted.

Five steps

1. Awareness of own emotions and response style
2. Recognising the child or young person's feelings and empathising with them
3. Validating the feeling and labelling them
4. Setting limits on behaviour
5. Problem solving and guidance with the child or young person



“ Proposing solutions before empathising is like trying to build the frame of a house before you lay a firm foundation ”

(Gottman)