



The SPH is recruiting 40 early years settings from our SPH region to take part in this renowned CPD Programme, Emotion Coaching. There will be two cohorts, so we are recruiting 20 settings for the face to face programme in Bristol, and 20 settings for the online programme.

This usually costs £380 per person, but this is being funded by the Stronger Practice Hub, so there is no cost to the settings.

Emotion Coaching as a way of supporting and sustaining children and young people's emotional and behavioural wellbeing. It supports children and young people to better understand and manage their emotions, building resilience, well-being, and stronger relationships.

Emotion Coaching UK training is an evidenced based training programme which has been successfully delivered to many thousands of people around the world.

It is a sustainable universal approach and provides the building blocks for all children.

What is Emotion Coaching

Emotion Coaching is an evidence based co-regulation strategy and comes from clinical work in families. It is based on the idea that emotions and behaviour are connected and that emotions drive behaviour. It was first observed as a naturally occurring style of communication and defined by John Gottman. John Gottman noticed that children who were Emotion Coached by their parents, achieved more academically in school, were more popular, had fewer behavioural problems, fewer infectious illnesses, were more emotionally stable and more resilient.

How does Emotion Coaching work?

Emotion Coaching uses moments of heightened emotion and resulting behaviour to guide and teach the child and young person about more effective responses. Through empathetic engagement, the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.

The 4-step framework supports the use of Emotion Coaching:

- Recognise a child's emotion and empathise with them
- Label and Validate a child's feelings
- Set expectations. Not all behaviours are ok. Teach children the expectations of a context
- Problem solve with child

Benefits of Emotion Coaching

- Emotion Coaching is for all children - it has been used successfully with children from many different cultures and with additional needs, including ASC, speech, language & communication difficulties, ADHD and English as an additional language.
- Emotion Coaching has been identified as the key practice to support children by nationwide evaluations of Attachment Aware and Trauma Informed interventions.
- Add it to your existing practice. Not committing to continual external input. No additional equipment is required, you become the resource!
- Cascading training model means you don't need to train all staff at once, but that all staff are trained. This enables high quality and ongoing CPD for all staff members.
- Staff feel more confident to deal with emotionally challenged and challenging children
- Once confident in your practice you can easily share Emotion Coaching with parents and carers.

2 Day Training Course Content:

Each training course covers the following in varying depth:

- Critical overview of recent neuroscientific evidence on how best to support young children's self-regulation.
- Insights into the stress-response and social engagement systems, attachment and the foundations for emotional regulation, co-regulation, positive behaviour, well-being and resilience.
- Research for evidence-based Emotion Coaching practice.
- Outline of the Emotion Coaching framework.
- Practical exercises and skill development in Emotion Coaching techniques, including 'top tips'.
- Early Years case studies to illustrate use in practice.
- Relevant links to the EYFS.

'Reflection' Workshop sessions: Putting Theory into Practice:

These workshops take place several weeks after the training. These follow-on workshops enable participants to:

- Consider other co-regulatory strategies including the concept of the 'Just Right State'.
- Share successes and challenges of using Emotion Coaching.
- Engage in discussions to develop Emotion Coaching in practice.
- Review personal and collective Emotion Coaching understanding.
- Explore the complexities and challenges of Emotion Coaching.

Once completed, and after 6 months of utilising Emotion Coaching in your setting, there is the opportunity to apply to become an accredited Emotion Coaching UK Practitioner Trainer for those who are interested.

For more information and resources go to Emotion Coaching UK website:

<https://www.emotioncoachinguk.com/>

Bristol & Beyond SPH Emotion Coaching Programme Schedules:

Cohort 1: Face to face in Bristol (venue tbc)

Thurs, 15 January, 9.30am - 3.30pm

Thurs, 22 January, 9.30am - 3.30pm

Follow-up 1: Thurs 5 February, 3.30 - 5pm

Follow-up 2: Wed 25 February, 3.30 - 5pm

Expression of Interest form: <https://forms.gle/WK1eXCSePT7zaQeN7>

Cohort 2: Online

Thurs, 19 February, 9.30am - 3.30pm

Mon, 23 February, 9.30am - 3.30pm

Follow-up 1: Thurs 5 March, 3.30 - 5pm

Follow-up 2: Tues 17 March, 3.30 - 5pm

Expression of Interest form: <https://forms.gle/r9KVnLJC9JKpqQHi8>

If you would like to take part and develop your Emotion Coaching practice, please **Complete an Expression of Interest Form by the 12th December.**

If we are oversubscribed we may have to prioritise settings in areas of deprivation.

We aim to confirm places before Christmas, and each setting will be required to sign an MOU, agreeing their commitment to the programme.

If you have any more questions please email: sph@beyth.co.uk



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