



Emotion Coaching

Promoting Positive Behaviour, Wellbeing and Resilience

Emotion Coaching (EC) is a universal communication strategy which supports children and young people to self-regulate and manage their stress responses. Originally noticed as an effective way parents communicated with their children around challenging behaviours.

Extensive research has established the characteristics of adult responses that lead to emotional health in children. Emotion Coaching (EC) uses moments of heightened emotion and resulting behaviour to guide and teach the child and young person about more effective responses. Inappropriate behaviours are not condoned in Emotion Coaching and when the child is calmer, incidents are discussed in a more rational and productive manner. Moves are made to problem solve and engage in solution-focused strategies. Through repetitive, consistent and 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 key elements involved in Emotion Coaching are:

- Becoming aware of the child's emotions
- Recognising the emotion as an opportunity for intimacy and teaching
- Listening empathetically, validating the child's feelings
- Helping the child find words to label the emotion
- Setting limits and explore strategies to solve the problem at hand.

Emotion Coaching has been shown to be highly successful in schools (primary and secondary) and community settings. Research by Emotion Coaching UK (ECUK) took Gottman's five elements of Emotion Coaching and developed a school friendly program that uses a four step framework to help engender emotional resilience, empathy and problem-solving skills within children and young people. Following successful pilot projects in UK schools, Emotion Coaching has now been communicated to education professionals, health and social care workers, educational psychologists and GPs in the UK, Europe, Asia and Australia.

The workshop includes evidence-based research and practical tips, with signposting to resources, case studies and vignettes to illustrate its practical application in parenting support and educational settings. It supports adults to promote empathetic responses to challenging behaviours and situations, helping children and young people to understand their emotions and learn to manage them and their behaviour in the longer-term. Included in the price of the workshop is the opportunity to attend a subsequent online coaching workshop "Reflecting on your Emotion Coaching Practice".



Licette Gus, co-founder of Emotion Coaching UK is an Educational Psychologist and Secondary School Teacher with over 20 years' experience working for government and the private sector across the Australia and the United Kingdom (UK). Licette coordinated the evaluation of the Targeting Mental Health in Schools (TaMHS) one for local authority in the UK. Licette has delivered presentations on Emotion Coaching for national and international conferences as well as Professional Development Events across the UK and has been a guest presenter on the Educational Psychology Professional Training Course at the University of Birmingham and the MA course at Oxford Brookes University. She has delivered Emotion Coaching training and projects to schools parents and organisations in the UK and internationally. She has researched applying Emotion Coaching in educational settings, written about how to implement Emotion Coaching in Schools and the impact of Emotion Coaching on pupil, staff and family well-being for various publications in the UK. Licette is co-author of **Emotion Coaching with Children and Young People in Schools**