



**Emotion Coaching Workshop for Parents.
Monday 4th November 13:45-15:15**

Who is it for?

Parents or carers who would like to know how to help their child or teenager to have better control of their emotions when trying to speak to them and give them advice or instructions

Delivered by:

Dr Severine Thompson (Educational and Child Psychologist)

Content:

Emotion coaching is a way to develop a child/young person's emotional literacy. That is, their ability to identify, interpret, manage and appropriately express their own emotions. It also helps us to be more sensitive and 'consistent' in our response to children showing their distress, and feel able to 'contain' the child's emotions. Emotion Coaching also promotes positive relationships between ourselves and our children.

The training offered includes information around the psychological underpinnings of emotion coaching as well as practise in 'how' to intervene in a way that captures and contains the child and young person emotionally and offer guidance that is nurturing and not dismissive.

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Child's Name Class

I/we will be attending the workshop on Monday 4th November and would like ____ seats.

Signed

Date