

Early Years Emotion Coaching Training for Stronger Practice Hubs

Dr Janet Rose



Training



Research



www.emotioncoachinguk.com

What is it all about?

- **Training to support young children's PSED using an evidence-based strategy called Emotion Coaching**
- **For Early Years professionals and anyone working with young children.**
- **Supports young children to understand and manage their emotions, building their ability to regulate their behaviour.**
- **Builds resilience, well-being and stronger relationships.**
- **Supports practitioners' well-being.**



CLIP

Where did Emotion Coaching come from

Emotion Coaching is a successful, evidence-based strategy based on John Gottman's parenting and relational research

Emotion Coached children are better able to...

- delay gratification
- control their impulses
- self soothe when upset
- pay attention



Emotion Coached children ...

- achieve more academically in school
- are more popular
- have fewer behavioural problems
- have fewer infectious illnesses
- are more emotionally stable
- are more resilient

Gottman et al. (1996)

Emotion Coaching in educational and community settings

Groundbreaking evidence-based research identified advantage of Emotion Coaching practice in UK educational and community settings

The findings demonstrate that Emotion Coaching in settings

helps: children to **regulate, improve and take ownership** of their behaviour

- ✓ children to **calm and better understand** emotions
- ✓ practitioners to be more **sensitive to children's needs**
- ✓ create more **consistent responses** to children's behaviour
- ✓ practitioners feel more **'in control'** during incidents
- ✓ fosters **positive relationships between** adults and children by promoting **trust**
- ✓ **accelerate academic attainment**

(Rose et al., 2015); (Gus et al., 2017)



What is Emotion Coaching



‘Emotion Coaching is helping children and young people to understand the different emotions they experience, why they occur and how to handle them’ (Gottman, 1997)

It is a universal approach which focuses on the promotion of emotional wellbeing through a relational approach, centered around attunement and coregulation.

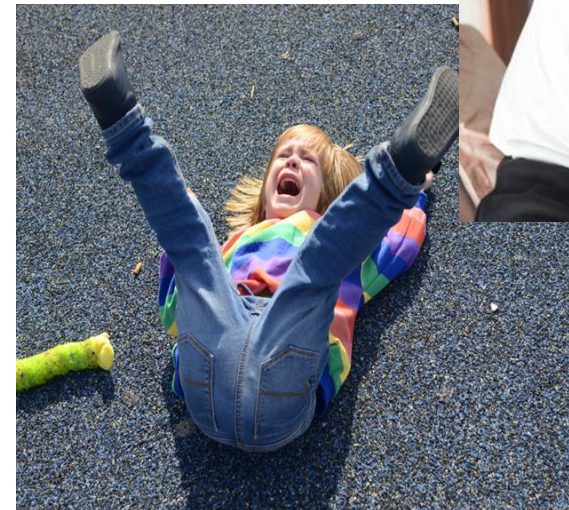
What Emotion Coaching is NOT...

- A quick fix
- A universal remedy or cure
- A substitute for specific interventions
- A therapy
- Disapproving or dismissing of emotions



Training coverage includes....

- **Neuroscience/evidence base behind the development of self-regulation (including child and adult stress regulation)**
- **Outline of the Emotion Coaching framework**
- **Practical exercises and skill development for supporting self-regulation**
- **Early Years case studies to illustrate use in practice**



Commitment for Emotion Coaching Core Training: 2 days Online 9-3.30 pm

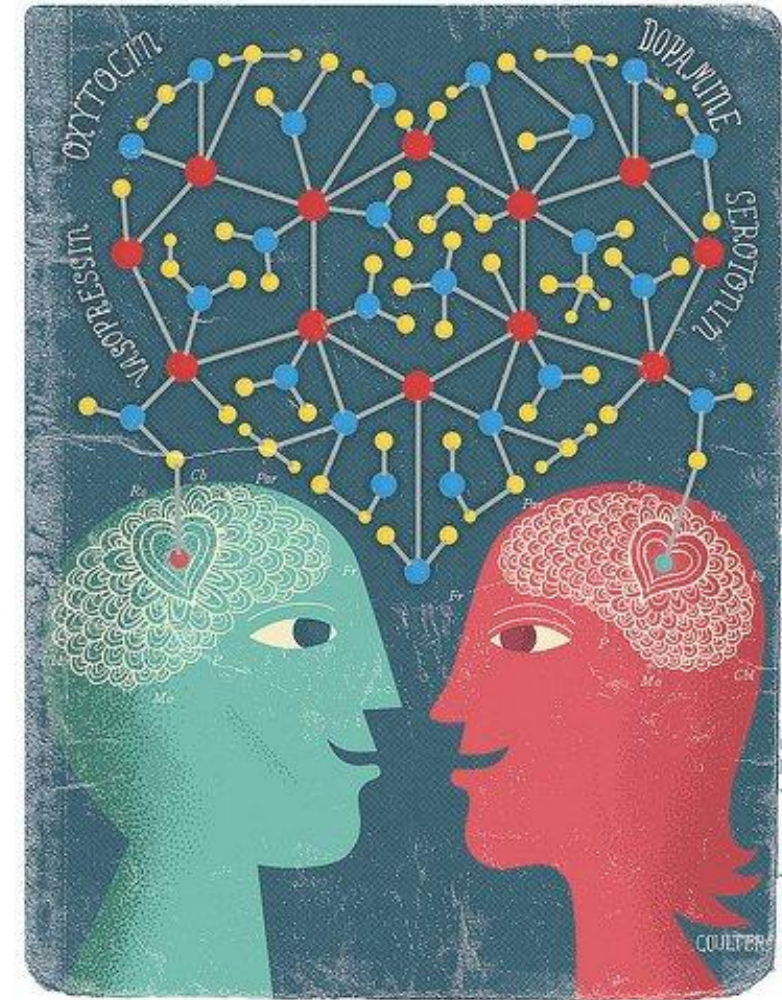
- **Part 1**
Why do we need Emotion Coaching
- **Part 2**
What is Emotion Coaching
- **Part 3**
Adult self-regulation
- **Part 4**
How to do Emotion Coaching

PLUS

Follow Up Workshop 1 – 3.30-5 pm

Follow Up Workshop 2 - 3.30-5 pm

Reflection/discussion/troubleshooting/next steps/other co-regulatory strategies





Possibilities St

Support for the Emotion Coaching Journey post-training

- Want to become an accredited EC UK Emotion Coaching Practitioner Trainer ?
- Looking for more information about Emotion Coaching?
- Want free resources, blogs and more?
- Join the Early Years Interest group

Check out the website

www.emotioncoachinguk.com

Email EC UK at:

emotioncoachinguk@gmail.com



thank
you!



THANK YOU...Do you have any questions?