

Using Emotion Coaching to Support Children and Young People to Regulate Feelings Workshop

This workshop will be delivered in two sessions.

The first session will introduce Emotion Coaching as a practical parenting approach that helps children to understand and manage their feelings more effectively over time.

The second workshop will give an opportunity to share your experiences of using Emotion Coaching and develop your skills.

The aim of this course is for parents/guardians/carers to develop their:

- Understanding how children's brains regulate difficult feelings.
- Understanding how Emotion Coaching can be effective at developing children's ability to regulate their emotions.
- Skills using Emotion Coaching to support their children.

When: Session 1 Monday 31st March 2025 10am-11am
Session 2 Monday 12th May 2025 10am-11am

Where: Citizens Advice Mid Mercia, 114 Church Street, Church Gresley, Swadlincote, DE11 9NR

Who: Parents/guardians/carers of children and young people that live in South Derbyshire.

To book: call 01332 228744 or email ch@citizensadvicemidmercia.org.uk for more info



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