

Emotion Coaching

For what age?	At what level?
All ages	Universal and whole class (Wave 1)

What is emotion coaching?

Emotion coaching is a relational approach which helps children to become more aware of their emotions and to manage their own feelings, particularly during instances of misbehaviour. It entails validating children's emotions, setting limits where appropriate and problem-solving with the child to develop more effective behavioural strategies. Emotion coaching techniques instil the tools that will aid children's ability to self-regulate their emotions and behaviour. It enables practitioners to create an ethos of positive learning behaviour and to have the confidence to de-escalate situations when behaviour is challenging. Emotion coaching provides a value added dimension to behaviour management strategies and creates opportunities for longer-term solutions to children's wellbeing and resilience.

Emotion coaching incorporates neuropsychology, attachment theory and a focus on developing and maintaining relationships with children to support their social, emotional and mental health and attainment.

How do we know it works?

Emotion coaching was first introduced by John Gottman and his colleagues in the USA. Gottman's research has shown that emotion coach children:

- ✓ Achieve more academically in school
- ✓ Are more popular
- ✓ Have fewer behavioural problems
- ✓ Have fewer infectious illnesses
- ✓ Are more emotionally stable
- ✓ Are more resilient

Research at Bath Spa University has found that emotion coaching has helped to reduce the number of negative behavioural incidents in school and early years settings. The research demonstrates that emotion coaching:

- ✓ Helps children to regulate, improve and take ownership of their behaviour
- ✓ Helps children to calm down and better understand their emotions
- ✓ Helps practitioners to be more sensitive to children's needs
- ✓ Helps create more consistent responses to children's behaviour
- ✓ Helps practitioners to feel more 'in control' during incidents
- ✓ Helps promote positive relationships

How can I access training?

To access centralised training in Emotion Coaching, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist

What do delegates say about this training?

Recognising the child's emotion has a big impact upon the child

It is much easier to deal with stressful situations when using emotion coaching

Emotion coaching takes longer but it is more effective

ALL children need reassurance, empathy and the opportunity to develop relationships with staff in school

The child calmed more quickly when they thought I was able to understand how they were

They have been more reflective and the behaviour deescalated more quickly