



Using Emotion Coaching to support children and young people to regulate feelings

Outline:

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.

Outcomes:

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.

Audience:

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

Dates: Part 1 Friday 16th May 2025, 1:00-2:00pm

Part 2 Friday 6th June 2025, 1:00-2:00pm

Location: St James Centre, Malcolm Street, Derby DE23 8LU



Derbyshire Educational Psychology Service

Making and Difference: Enabling positive change through listening, optimism, and insight