

LINK PSYCHOLOGY

CO-OPERATIVE

Emotion Coaching – helping children/YP manage their behaviour

In this course you will gain an understanding of “Emotion Coaching”, which was developed by Psychologist, John Gottman in 1997 and how to develop this intervention for use in your setting. Based on what the parents of happy, resilient and adjusted children/Young people actually do, you will learn how to help pupils to recognise and understanding their emotions, problem solve, self-regulate and manage their behaviour.

Half day training

- **Suitable for: Primary/Secondary SEN-based staff, other organisations.**

Max. 30 staff. Workshop-style.



Want to find out about this course for your school or a group of settings?

Contact: Maria Lyon at contact@link.coop or phone 0784 7923424.



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