

An Introduction to Emotion Coaching

Tuesday 19 March 2024

9.30am to 12.30pm

Tutors: **Tracey Cook and Cloe Atkins**
Tracey is the Specialist Teacher for SEMH and Cloe is the Specialist Support Worker for the Dover Specialist Teaching and Learning Service

Course Description: Emotion Coaching is a relational approach to support emotional regulation in children and young people and manage behavioural outbursts. This half day training will introduce you to the theory of emotion coaching and explain why it should underpin our interactions with children and young people.

You will get some practical strategies of how to implement emotion coaching when working with children and young people.

Cost of course: £40 per person

Course Venue: SMILE Centre, Whitfield Aspen School, Mayfield Road, Whitfield, Dover, CT16 3LJ.

Please book by: **Tuesday 12 March 2024.** If minimum required numbers to run the course have not been reached by this date the course will be cancelled and any bookings will be passed on to courses in our neighbouring districts.

Aimed at: Primary and secondary school staff

To find out more or to book a place please contact:

Sophie Hammond, SMILE Centre Business Manager

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Email: aspensmile@whitfield.kent.sch.uk

Website: www.doverstls.co.uk

Please note that once the booking has been confirmed, the school has a commitment to pay the full fee for the course. The school will be invoiced once required numbers for the course has been reached. If delegates are unable to attend, substitutions from your school can be made without additional charge.