

# An Introduction to Emotion Coaching

**Tuesday 11 March 2025**

**9.30am to 12.30pm**

**Presenters: Tracey Cook and Stefanie Zintel-Warner**

Both Tracey and Stef are the Specialist Teachers for Social, Emotional Mental Health (SEMH) 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.

**Course aimed at:** Any school staff who work with the more vulnerable learners

**Cost of course:** £40 per place

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

**Please book by:** **Tuesday 4 March 2025.** 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.

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

Sophie Hammond

Tel: **01304 829846**

Email: [aspensmile@whitfield.kent.sch.uk](mailto:aspensmile@whitfield.kent.sch.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.