

## September 2022 Emotion Coaching UK Online & In Person Training Offer

A cascading model of delivery and support for Emotion Coaching training in organisations is our preferred model. The aim of this is to develop training and practice that is able to be sustained locally. This model starts with key members of staff who are interested in taking a lead in Emotion Coaching development in their organisation, attending our two-day in-house training course delivered online. Please see our website for course dates and details.

We are aware that sometimes following attending our two-day training or having heard about our wonderful trainers and the rich and powerful training experiences people have had with them, some organisations would like to have our trainers deliver training in Emotion Coaching for them.

We are able to offer a very limited number of training experiences for individual organisations online or depending on locality (in person):

### 1. Training Course Content

Each training course covers the following in varying depth:

- Critical overview of recent neuroscientific evidence on how best to support children and young people's self-regulation
- Insights into the stress-response and social engagement systems, attachment and the foundations for emotional regulation, positive behaviour and well-being
- Research for evidence-based Emotion Coaching practice
- Practical exercises and skill development in Emotion Coaching techniques

### 2. Reflecting on your Emotion Coaching Practice Workshops

These workshops are part of the one-day training course. They take place 2-3 weeks after the training course. During these follow-on workshops participants will be able to:

- Share successes and challenges of using Emotion Coaching
- Engage in discussions to develop Emotion Coaching in practice
- Review personal and collective Emotion Coaching understanding
- Explore the complexities and challenges of Emotion Coaching

All training materials are written in English and the course content is delivered in English.

### Who is the training for?

Anyone interacting with children and young people

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**Costs (in Sterling, however, this training can be delivered to any country)**

A. Basic Emotion Coaching UK Introduction Course (1-day) + 1x 90 minute Reflecting on your Emotion Coaching Practice Workshop

Online

£1600.00 (up to 50 people, but 30 screen maximum with no more than 2 people per screen).

In person/onsite (travel costs are additional)

£1600.00 (up to 50 people)

£1750.00 (51-75 people)

£1925.00 (76-100 people)

Follow-up Workshop (all online)

Only 25 people to attend per session. The number of sessions offered to an organisation will depend upon the numbers attending the one-day training.

B. Emotion Coaching UK Taster course (1/2 day - 3 hours)

Online

£800.00 (up to 50 people, 30 screen maximum, with no more than 2 people per screen).

In person (only available in a small number of localities)

£800 (up to 50 people)

£875 (50-75 people)

£950 (76-100 people)

C. Introductory/Exploratory/information session on Emotion Coaching - Online

£300.00 - Hour meeting for up to 20 (contact us for a quote for groups greater than 20)

D. Individual Consultation Sessions

£100/hour