



**WELCOME TO THE ECUK
RESEARCH COMMUNITY:
CONVERSATION 3
MARCH 7TH 12.30-2.30PM**

Dr. Louise Gilbert, ECUK Cofounder

DATE OF NEXT MEETING: TUESDAY 26 SEPTEMBER, 12.30-2.30PM

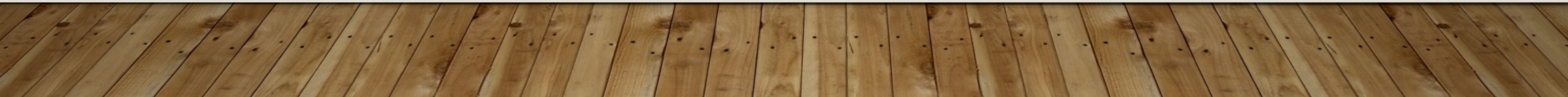
EMOTION COACHING RESEARCH COMMUNITY (ECRC) MEETING 2

The Emotion Coaching Research Community (**ECRC**) has been created in response to practitioners' requests for an online forum to meet and connect with like-minded others.

The ECRC group is an **inclusive, practitioner-focused community** to facilitate, support and sustain ethical and credible Emotion Coaching research in educational and community settings.

It is an **online community** welcoming everyone interested in **exploring, starting or wanting to share** their Emotion Coaching research journeys.

It is a new and exciting venture and important to Emotion Coaching UK.



WELCOME

Practitioner Presentation: Jill Sandeman

‘Being an Emotion Coaching Researcher in a worker’s world’

Practitioner Presentation: Dr. Nalan Kuru

‘Emotion-Friendly Educational Awareness Day in Turkey’

Opportunities to share:

Update on Emotion Coaching research experiences and

Research Journeys ‘helps and hindrances’-what are they?

Research Focus Spot: Louise Gilbert

Methodology and methodolatry!



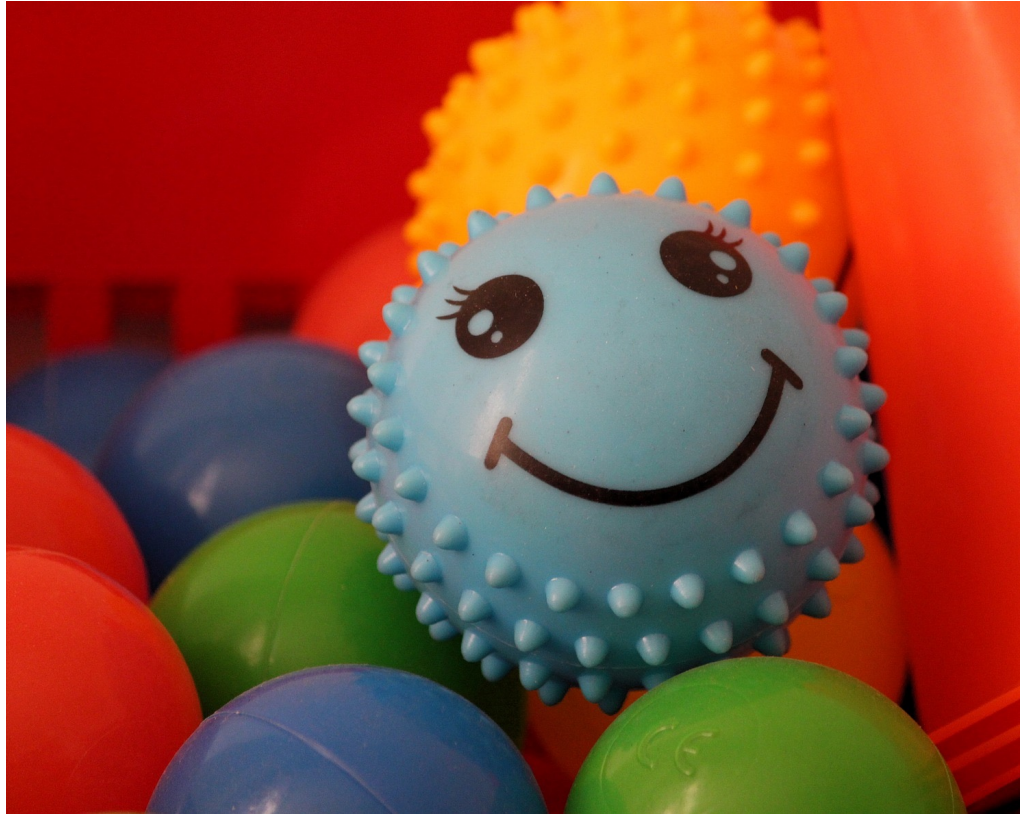
Date of Next Meeting: Tuesday 19 September 2023



JILL SANDEMAN:

*Educational Psychologist,
Wellbeing Champion,
Northumberland Inclusive
Educational Services*

**‘Being an Emotion
Coaching Researcher
in a worker’s world’**



Dr. Nalan Kuru

*Associate Professor,
Uludag University,
Chair for Emotion Friendly Education
Association and Emotion Coaching
Institute of Turkey*

**‘Emotion-Friendly
Educational
Awareness Day in
Turkey’
- the first of many!**

YOU WILL SOON BE INVITED TO JOIN A BREAK-OUT ROOM TO SHARE:

- 1. YOUR RESEARCH INTERESTS WITH ONE ANOTHER
AND**
- 2. FACTORS THAT HAVE HELPED AND HINDERED YOUR RESEARCH JOURNEY – MAKE A LIST OF TOP TIPS TO SUPPORT RESEARCHING**

YOUR BREAK-OUT ROOM INVITE WILL POP-UP ON YOUR SCREEN- YOU JUST NEED **TO CLICK ON IT TO ACCEPT**

AFTER ABOUT **25 MINUTES** YOU WILL BE NOTIFIED THAT THE ROOM IS CLOSING, AND YOU WILL BE RETURNED TO THE **MAIN MEETING**

ALL GROUPS WILL **BRIEFLY SHARE** ANY RESEARCH HIGHLIGHTS AND GIVE THEIR **TOP TIPS TO SUPPORT RESEARCHING.**

****Someone in the break-out room needs to volunteer to be the spokesperson **
Thankyou for being that person!**

Are you... Research Interested...

Are you ... Research Active...

1. Introduce yourself and briefly share....

What interests you about Emotion Coaching research, have you a **specific area of interest?**

What research are you doing, what **motivated you** to do this research ?

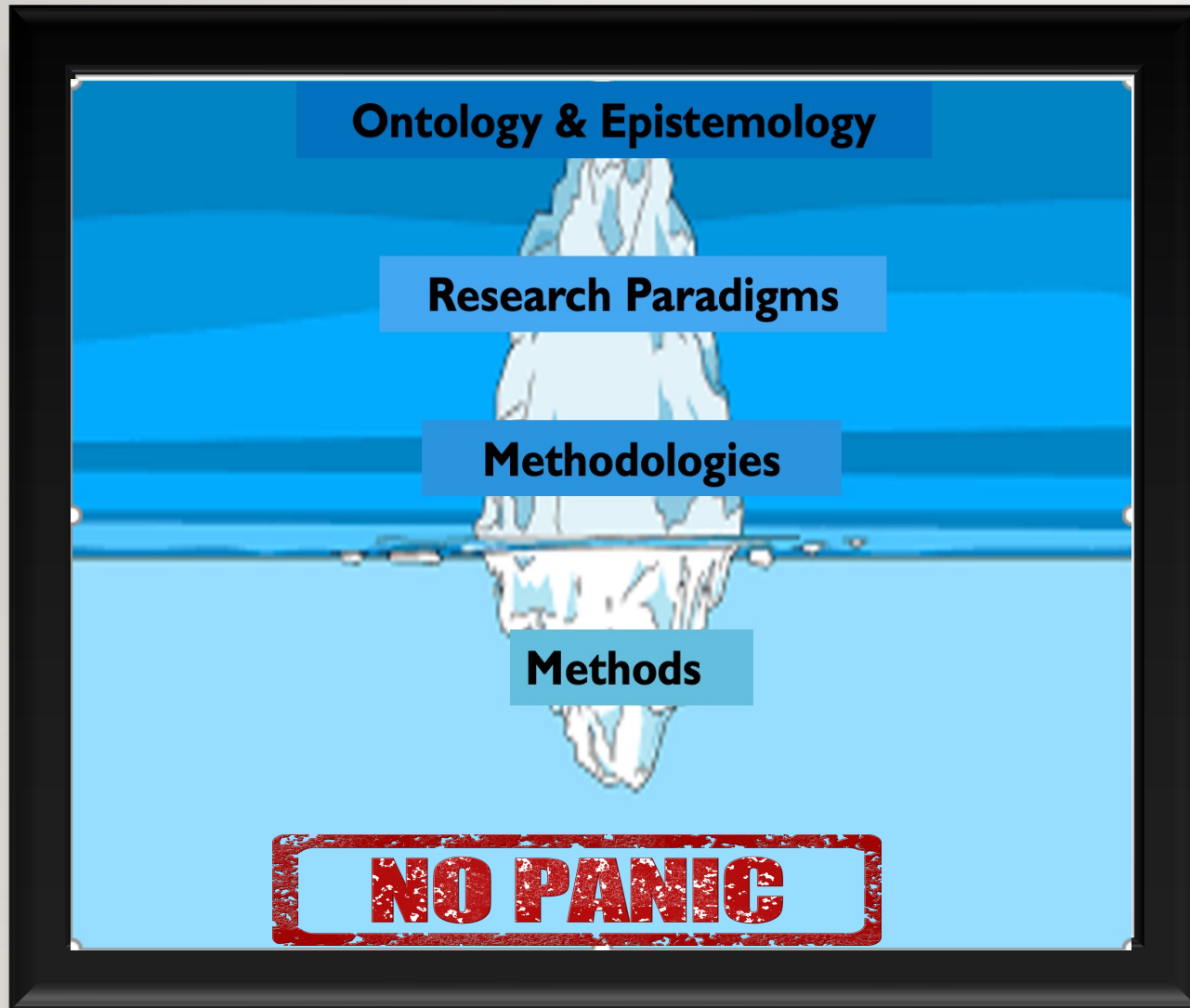
2. Group Discussion

...“what (or who) restricted progress on your research journey and what (or who) assisted you?”

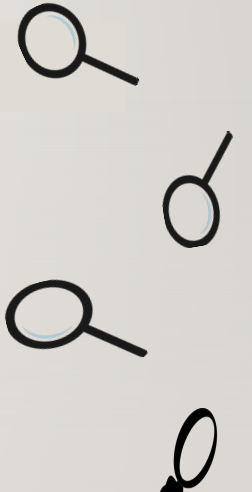
...“Make a top-tips list to support Emotion Coaching Research”

TODAY'S FOCUS FOR RESEARCH SHARING

RESEARCH FOCUS SPOT 3



Methodology
and
Methodology



‘To understand any given part, you look to the whole, to understand the whole, you look to the parts’ (Smith, Flowers and Larkin, 2009: 28)

ONTOLOGY: WHAT EXISTS IN THE REAL WORLD ?

Realism

Naïve, Structural, Critical

Bounded

Relativism



EPISTEMOLOGY: HOW DO WE CREATE KNOWLEDGE

Objectivism

CONSTRUCTIVISM

Subjectivism



RESEARCH PARADIGM: GUIDES THE RESEARCHER

Knowledge acquisition is Deductive,

Knowledge acquisition is Inductive

Value free and Generalisable.

Value laden and Contextually unique

Disciplines have their historical &/or preferred ways of knowing and researching

WHAT IS METHODOLOGY ?

Methodology

is the research plan - so the body of knowledge which attempts to explain, guide or understand how a research project is done

helps us to understand, in the broadest possible terms, not the products of enquiry BUT the process itself

explains the reasoning behind your approach to your research -

explains the 'why' of your research project plan of action and informs your choice of methods

is the justification for using a particular research method(s)

reflects a body of methods, rules, and postulates employed by a discipline

Methodology: a general approach to studying research topics

METHODOLOGY CHOICES: QUALITATIVE, QUANTITATIVE AND MIXED METHODS

Qualitative



Mixed



Quantitative

Interested in understanding individual/collective perceptions

Doubt whether social facts/truths exist

Question that scientific approach is applicable to researching humans

More likely to use non-numerical data

Broader and less prescriptive research questions which may or may not then narrow in focus as research progresses

Combining quantitative and qualitative methods may offer a more **holistic understanding** of the topic

Collect facts and study the relationship of one set of facts to another

Structured and predetermined questions, conceptual frameworks and designs

Methods that are likely to produce quantifiable and possibly generalizable conclusions

Seen as the 'scientific approach'

Methodologies demonstrate a well thought out, defined, repeatable approach

ADVANTAGES OF METHODOLOGICAL STYLE:

Qualitative

Explore behaviour in the field

Study interpersonal and cultural topic

Data on emotions, beliefs and personal characteristics

Recognises and allows reflection on your own experience as part of the research process

Smaller number of participants

Helps to understand definitions of societal constructs such as anxiety

Research focus can change

Quantitative

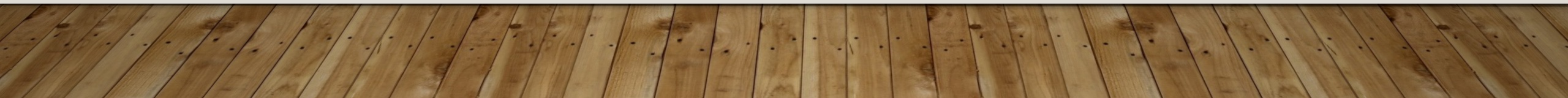
More objective and strictly defined

Findings can be generalized to greater populations

Statistics can be applied to test, retest and confer interpretations

Methods can be replicated and automated

Work with larger populations



POTENTIAL DISADVANTAGES

Qualitative

- Unanticipated results that contradict
- Ethics for participation often complex
- Complexity and time consuming research process
- Findings cannot be conferred by statistical significance
- Not generalizable to population
- Size matters! –perceived as less credible than large scale
- Risk of research bias by researcher

Quantitative

- No acknowledgement of human thoughts and feelings
- Research driven by chosen research tools
- Provides broad general descriptions of populations but less focus on variability
- Fixed with research focus and need to comply to prescribed mode of delivery

POPULAR METHODOLOGIES YOU MAY COME ACROSS

- **Action Research:**
- **Case study**
- **Survey research:**
- **Experimental Research;**
- **Ethnography: people, places and involvement of researcher**
- **Grounded Theory;**
- **Thematic**
- **Narrative**

Deciding on your methodology involves studying the research methods used in your field/discipline and the theories or principles that inform them. **This will allow you to choose or justify** the approach that best serves your research objectives



However- as a novice researcher, deciding on a methodology, whilst giving due regard to advice from supervisors, peer groups and academic communities can cause uncertainty, confusion and panic!

Methodological frameworks guide us in selecting the tools we use to gather the data, though they are not entirely prescriptive



For novice researchers there is a predisposition to ‘METHODOLATORY’- the glorification of methodology, with the promise of credibility being bestowed through the adoption of clearly proven identifiable procedures from established disciplines

(Nagel et al., 2015, Smith et al., 2009:5)

- **Action research**: applied research carried out by practitioner who themselves have **identified a need for change**- to arrive at recommendations for good practice/ improve performances; **review –evaluate and improve feedback loop**
- **Case study**: **focus on one aspect and study in depth**- identify and understand common and not common features of an organisation and interactive processes
- **Survey**: difficult to define but interested in **demographic characteristics and representational data**
- **Experimental style**: **measure phenomena** using replicable , precise, recognized process that compares/ measures differences between groups which can be attributed to the intervention (causal) when working with participants ethical issue ‘to do no harm’ must be considered: hypothesis fixed
- **Ethnography**: **naturally occurring** settings, **researcher participating directly** in setting to collect data in a systematic but not intrusive way
- **Grounded theory**: uses qualitative data to **follow a recognised pathway to create theory** and evidence conceptual development- iterative process (cyclical) and often context specific and small scale – but theoretical concepts can be retested at larger scale: hypothesis may change over time
- **Thematic analysis**: **exploring data with open mind**- capturing something important about the data in relation to the research question and **recognise patterns in response and meaning**
- **Narrative enquiry**: Recognition and use and interpretation of narratives data collection, **interpretation and writing considered as a meaning making process**- intensely personal accounts of human experiences

RESEARCH QUESTIONS SHAPED BY METHODOLOGIES ...

Action research: 'Implementing Emotion Coaching (EC) in practice to improve confidence to manage emotional dysregulation (ED) incidents in the playground'

Case study: 'Introduction of EC to manage ED incidents in the playground of a small rural primary school'

Survey research: 'Does EC practice increase practitioners' confidence to manage ED incidents in the playground'

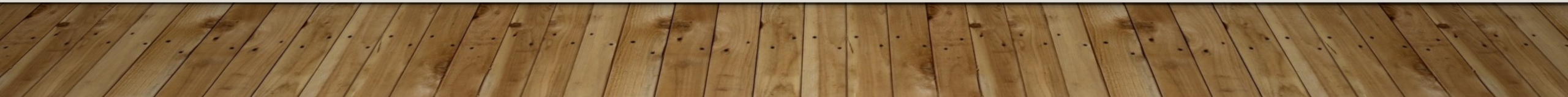
Experimental style : 'EC practice improves practitioner confidence to manage and reduces ED incidents in the playground'

Ethnography: 'Introducing EC to improve practitioners' confidence to manage ED incidents in the playground'

Grounded theory: 'How does EC support practitioner's confidence to manage ED incidents in the playground'

Thematic: 'What factors influence a practitioners use of EC to manage ED incidents in the playground'

Narrative: 'Practitioner experience of using EC to manage of ED in the playground'



RESEARCHER-AS-BRICOLEURS

Researchers unrestricted by alliance to specific methodologies or methods can be referred to as 'researcher-as-bricoleurs' (Levi-Strauss, 1962).



SUMMARY: YOUR METHODOLOGY OR RESEARCH STRATEGY ...

- Refers to the **overall approach** to your research problem/interest.
- Is **complementary** to your **preferred paradigm or theoretical framework/perspective** .
- **Explains/ justifies** the philosophical support for **your chosen research methods**
- Describes the **broad philosophical underpinning** to your chosen research methods.
- Includes **justifying your use of qualitative or quantitative methods, or a mixture of both, and why**
- This means that your **choice of methods** demonstrates your commitment to **‘a version of the world’** and **‘how you- the researcher- can come to know that world’**.

USEFUL RESOURCES....

- ECUK article on understanding what research is credible, useful and applicable to our lives and worlds understanding : <https://www.emotioncoachinguk.com/post/remember-we-are-all-wearing-spectacles>
- ECUK Resource: Start your Research Journey handout:
https://www.emotioncoachinguk.com/_files/ugd/623336_1e5cdc7f33854c0496506cec0bb7e5d6.pdf
- Moon, K. and Blackman, D.(2014) A guide to understanding social science research for natural scientist, *Conservation Biology*, 28(5),pp. 1167-77 Downloadable from:
https://www.academia.edu/27283236/A_Guide_to_Understanding_Social_Science_Research_for_Natural_Scientists
- Crotty, M. (1998) *The foundations of social research, meaning and perspectives in the research process*. London: Sage
(Louise: useful, small basic book, historical approach to understanding research approaches)
- Bell, J. and Waters, S.(2018) *Doing your research project*, 7th ed. Maidenhead: Open University Press
- Cohen, L., Manion, L. and Morrison, K. (2011) *Research methods in Education* 7th edn. London: Routledge

THE DATE OF NEXT MEETING: TUESDAY 26 SEPTEMBER 2023

If you would like to share your EC research or talk about your research experiences and journey the ECUK Research Community **is the place to do
JUST**

Please drop me an email and let me know what you would like to talk on and you can!

Thank you

ECUK Research Conference is on June 19 th. It's free to attend – you just need to register via the website: www.emotioncoachinguk.com

It's a chance to hear about current EC research projects