

**WELCOME TO THE ECUK  
RESEARCH COMMUNITY:**

**CONVERSATION 8**

**JANUARY 27TH**

**12.30-2.30PM**

Dr. Louise Gilbert, ECUK Cofounder

**DATE OF NEXT MEETING: TUESDAY 24<sup>TH</sup> NOV 2026, 12.30-2.30PM**

# WHAT IS THE EMOTION COACHING RESEARCH COMMUNITY?

It was created in response to **practitioners' requests** for an online space to **meet and connect with** like-minded others.

The group is an **inclusive, practitioner-focused and practitioner-driven 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 an exciting venture for us all and important to Emotion Coaching UK community

**WELCOME TO YOU ALL**

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## Welcome and meeting programme



**Practitioner: Sam Thompson**

**Presentation:** *'Emotion Coaching Practice and working with children with additional needs- ongoing action research'*

**Practitioner: Alan Bevan**, Author, head teacher & Coleader of the NW Midland EC Interest Group

**Presentation:** *'Educating Everyone- relational approaches in school'*

**Practitioner: Kayan Chan**, student at the University of Nottingham

**Presentation:** *'Researching into staff experience of Emotion Coaching Practice with children who have experienced ACE's'*

**Opportunity to share practice:** *Updates on Emotion Coaching practice and research experiences and what next?*

**Research focus –take 10(mins):** *'Action Research'*

**Date of next meeting: Tuesday 27<sup>th</sup> January 2026, | 2.30-2.30pm**

# EMOTION COACHING UK- WHAT'S ON ....

## \* Emotion Coaching Interest Groups.... dates



### NORTH WEST INTEREST GROUP

Contact: Dr. Francesca Heffernan and Alan Braven  
[francesca.heffernan@appliedpsychologies.com](mailto:francesca.heffernan@appliedpsychologies.com)

Next Meeting: Thursday 12th February 2026  
1.00 - 3.00pm



### MIDLANDS INTEREST GROUP

Contact: Dr Adele Thacker and Jo Davies  
[Adele.Thacker@shropshire.gov.uk](mailto:Adele.Thacker@shropshire.gov.uk)

Next Meeting:  
Tuesday 3 March 2026  
Tuesday 7 July 2026  
9:00 - 12:00pm



### SEND INTEREST GROUP

[MORE INFO](#)

Contact: Samantha Marper  
[samantha.marper@carltondigby.notts.sch.uk](mailto:samantha.marper@carltondigby.notts.sch.uk)

Next Meeting:  
Wednesday 18 March 2026  
Wednesday 1 July 2026  
3.30 - 5.00pm



### EARLY YEARS INTEREST GROUP

[MORE INFO](#)

Contact: Tamsin Grimmer and Jeanette Slater  
[tamsingrimmer@hotmail.com](mailto:tamsingrimmer@hotmail.com)

Next meeting:  
Thursday 26 March 2026  
Thursday 21 May 2026  
3.30 - 5.00pm



### NORTH EAST INTEREST GROUP

Contact: Amy Howe  
[Amy.Howe@northyorks.gov.uk](mailto:Amy.Howe@northyorks.gov.uk)

Next Meeting:  
Tuesday 21 April 2026 :10 -12.00pm

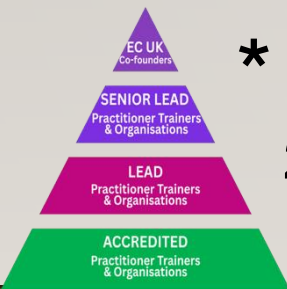


### EC UK RESEARCH COMMUNITY CONVERSATION GROUP

Contact: Dr Louise Gilbert  
[ecukresearchconversations@gmail.com](mailto:ecukresearchconversations@gmail.com)

Next Meeting:  
Tuesday 27th January 2026  
Tuesday 24th November 2026  
12:30pm-2:30pm

\* **EC UK Annual Accredited Practitioner Trainer & Organisation Day:**  
**24 March 10 am to 2pm:** Contact Ruth [emotioncoachinguk@gmail.com](mailto:emotioncoachinguk@gmail.com) if you haven't received your email invite **Free to attend**





**First Ever...**



# **INTERNATIONAL EMOTION COACHING CONFERENCE**

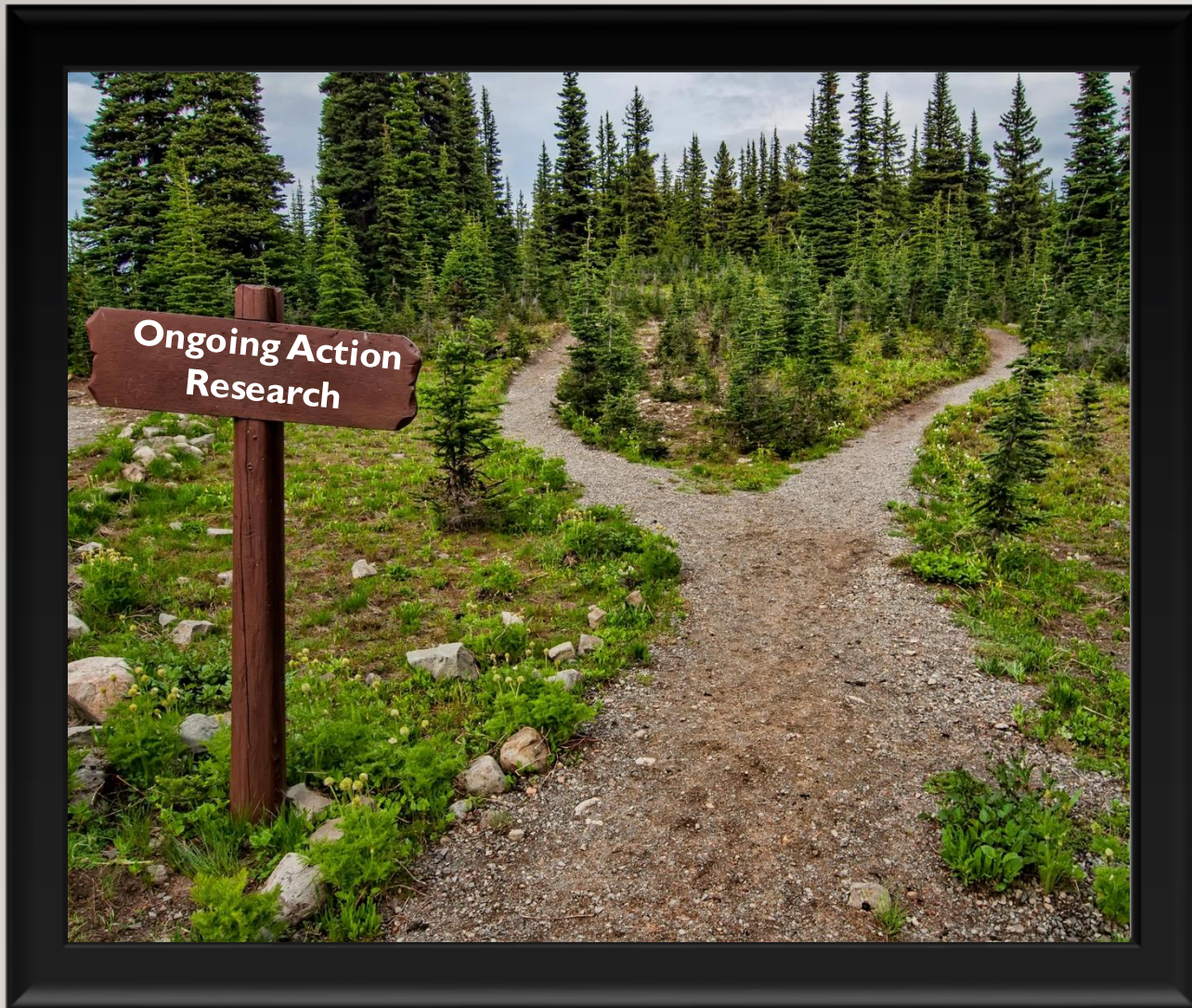
**Celebrating 15 Years of Emotion  
Coaching journeys in education and  
community settings**

**WHEN : Friday July 10<sup>th</sup> 2026**

**WHERE: Online via Zoom**



**More details ... On the website in the New Year: [www.emotioncoachinguk.com](http://www.emotioncoachinguk.com)**



# Sam Thompson

Behaviour Support  
Manager and Pupil  
Wellbeing Lead

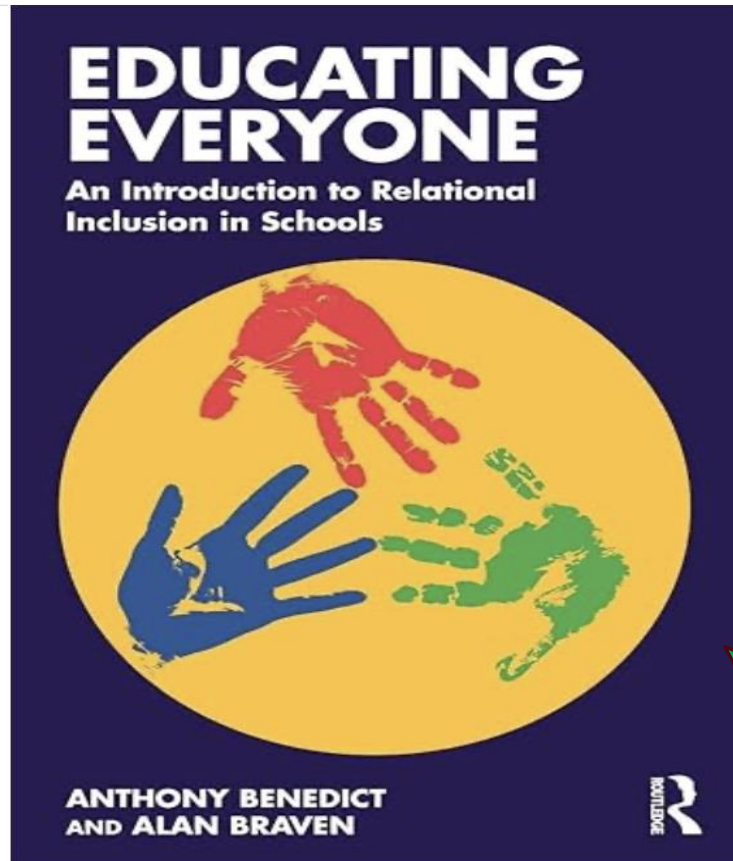
*Sam works in an SEND academy supporting children with an array of additional needs.*

*Sharing experiences of using Emotion Coaching with SEND pupils, Sam will evidence how EC has become embedded in everyday practice and the adaptations to make it more accessible for pupils with SEND*

# Alan Braven:

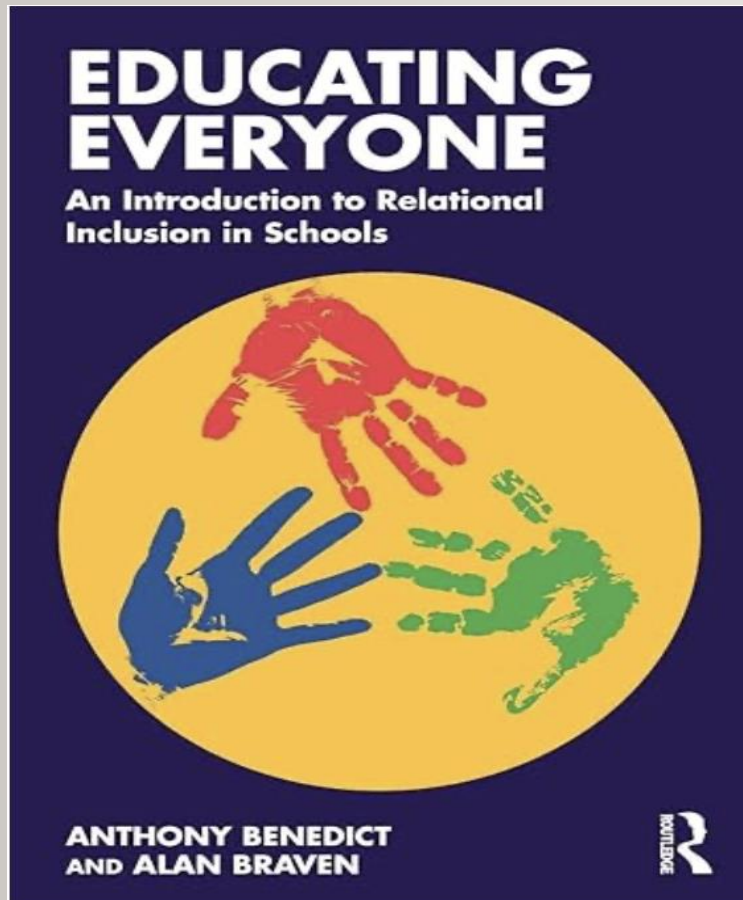
Author, presenter and NW Midland  
Emotion Coaching Interest Group  
Co-facilitator

*This recently published book draws on the latest neuroscientific research and rooted in good practice, **Educating Everyone** presents the concept of Relational Inclusion, encouraging schools to reconsider their traditional perspectives on mental health and behaviour.'*



*"It is rare to find an educational book that is both entertaining and has the power to transform schools. Thought provoking, funny and based on the authors' real life experiences in schools, this book is one that all teachers and senior leaders will be able to relate to. then this book is a must read."*

## Introducing.....



The authors pose thought-provoking questions about longstanding conventional approaches to behaviour management in schools that have remained largely unchanged since the inception of compulsory state education. They present a range of strategies that extend beyond the needs of individuals with complex requirements who are often isolated as a result of the misguided concept that they can be "taught" to conform. Relational Inclusion is advocated as an inclusive approach that can benefit all children and adults, fostering comprehension of the underlying causes behind behavioural challenges. This book provides an essential framework for responding to students' behaviour that has been tried and tested in real classrooms.

Schools play a pivotal role in teaching these essential skills and attitudes, and this accessible resource provides educators with valuable insights and practical strategies for creating a nurturing and supportive environment within school settings. It will appeal to educationalists across the educational sector, including headteachers and policy leaders as well as behaviour leads, classroom teachers, support staff, and anyone who works with children and young people.

Alan Braven has been a teacher for 35 years, with a significant portion of his career spent in senior leadership roles. He began his journey as a maths teacher, working with some of the most complex young people in London and Manchester. From the outset, Alan chose a path that diverged from the norm, opting to work in schools facing challenging circumstances rather than pursuing easier, more conventional roles. This decision defined his career, even though it meant navigating schools that were often at risk of closure due to the difficulties they faced.

Throughout his career, Alan has been driven by a desire to "make a difference." As a young head of maths, he pioneered a progressive approach to teaching, moving away from rigid traditional methods to embrace mixed-ability teaching, using a scheme of work pioneered by the Inner London Education Authority. His commitment to finding better ways to support working-class children has been central to his work.

# KAYAN CHAN

Year 3 trainee at the University of Nottingham based in Blackburn with Darwen educational psychology service.

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My research journey...exploring 'staff's experiences of Emotion Coaching as an approach with children who have experienced adverse childhood experiences (ACE's)'





Kayan presented her research on Emotion Coaching for children with adverse childhood experiences, highlighting the dearth of UK-based education research in this area.

She discussed how she had focused on themes including post-traumatic growth and the transference of Emotion Coaching skills to home environments, collecting data from school staff focus groups.

Kayan was now focusing on the analysis of the data and kindly agreed to come back and share her research findings at the November meeting.

The group discussed the importance of capturing children's voices in research, with Louise sharing resources and examples of how this has been done in previous studies.

# You will be invited to join a break-out room:

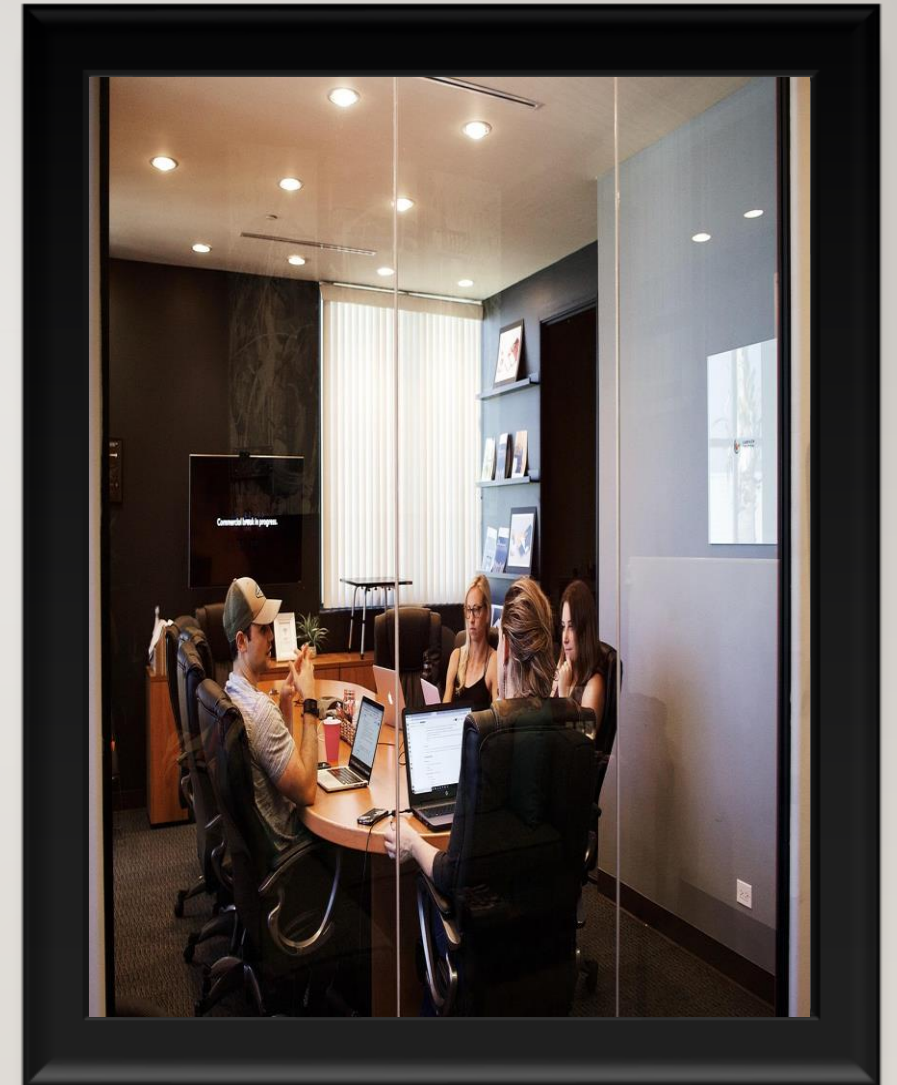
Your break-out room invite will pop-up on your screen-  
You just need to **click on it to accept**

Once in please introduce yourself, share briefly your interest in Emotion Coaching research and/or your Emotion Coaching research interests and or Emotion Coaching research activities

Please be prepared to share your group's research highlights, queries and discussions

**Can you help EC UK: Today's query....**

*“What would YOU like to see in the International Emotion Coaching Research Conference”*



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**SOMEONE** needs to **VOLUNTEER** to share your group's discussions with the rest of the group  
**THANK YOU** for being that person!



# ACTION RESEARCH: WHAT IS IT?

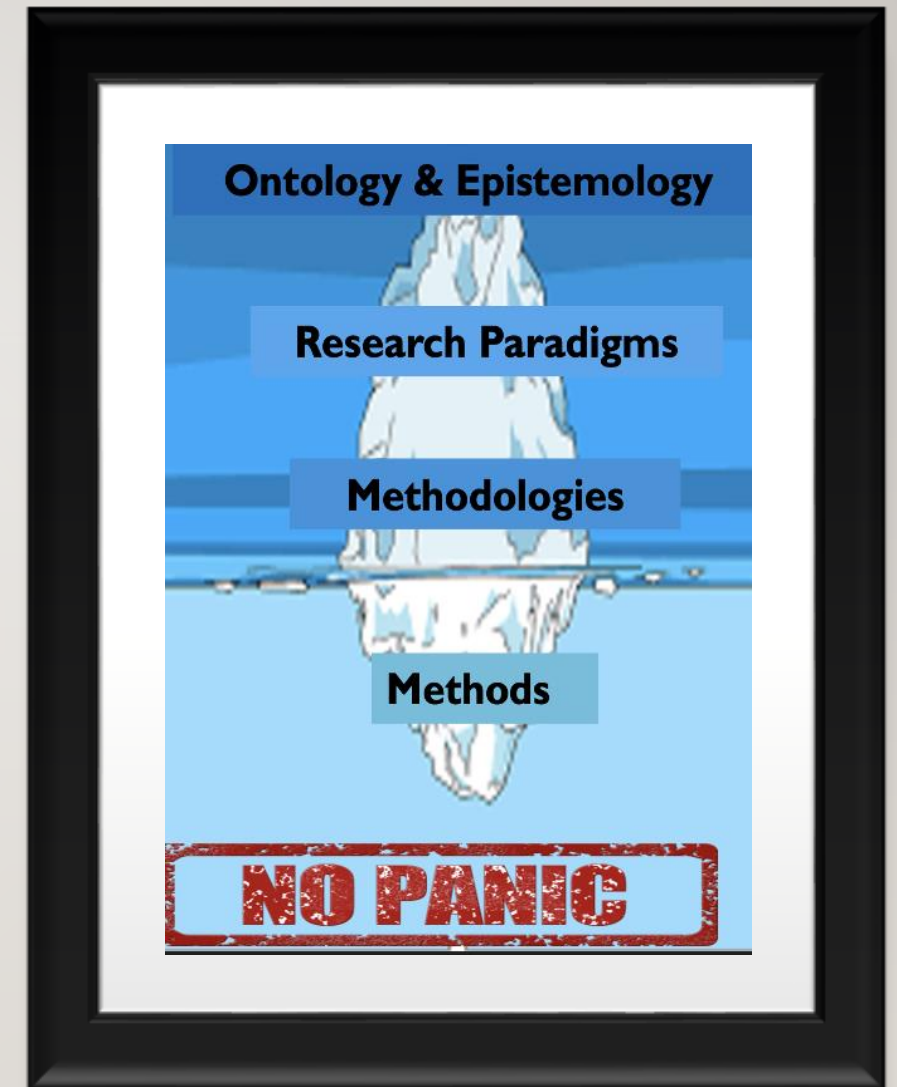
- It's about **generating knowledge through enquiries** conducted within **specific and often practical contexts**.
- It involves the **researcher making ongoing informal evaluations and judgements** about what it is they do, **so interpreting the lived experience**
- researchers focus on **careful planning, sharpened observation and listening, evaluation, and critical reflection**.
- The outcomes from the **evidence gathered is used to improve practice or confirm**.
- Often **participative and collaborative**.
- **Knowledge** is created through **interpreting the data and creating an action plan to implement**
- It can lead to **greater awareness and understanding of the process or product**, supporting problem solving process and can lead to improvement of practice

**Finding are ongoing, reflecting snapshots in time, they can and do change**

# ONTOLOGICAL AND EPISTEMOLOGICAL VIEW

**Ontological:** reality as socially constructed and not external and independent. And **meaning occurs through interpretations** of the researchers' experiences and communication.

**Epistemological:** The type of data to evidence is **more subjective** and the experience and insights are of a unique and personal nature and valid



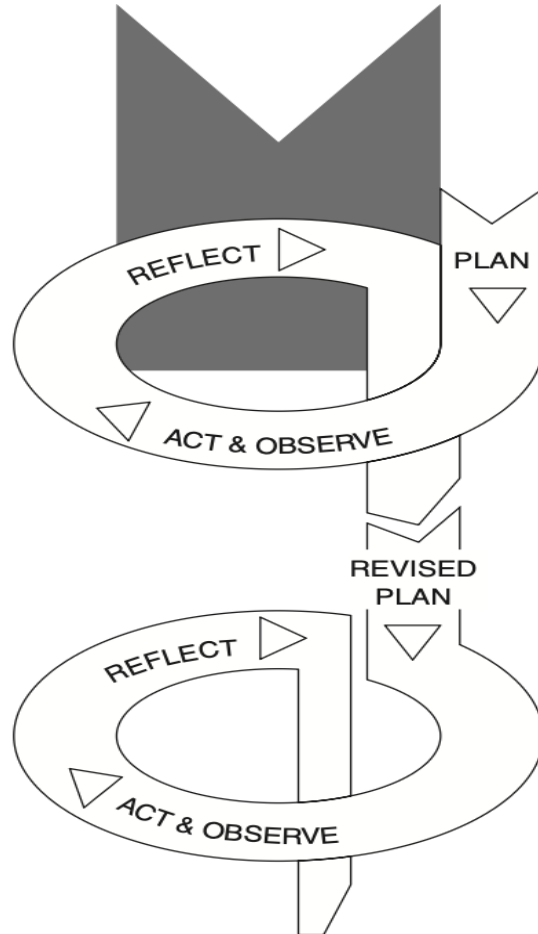
# WHAT CAN ACTION RESEARCH DO FOR ME ?

- The purpose of action research is to **bring about change in specific contexts**
- The **strength lies in its focus on generating solutions** to practical problems
- **Through participation practitioners can feel empowered**, by engaging in the research and involvement in development or implementation activities.



# WHAT DO I NEED TO DO?

WHAT IS ACTION RESEARCH?



*Kemmis and McTaggart's action research spiral*

- **The stages, will overlap,** and initial plans will quickly become redundant as a result of learning from experience.
- The **process is adaptive** and responsive to ongoing experience and findings

# EXAMPLES....WHAT DO YOU WANT TO LOOK AT AND/OR CHANGE???

- Approaches to sharing information with parents/carers
- Meal times procedures
- Ways to support other practitioners with their EC practice
- How do we make our children feel seen and safe, soothed and secure
- What is the role of the Key person in our setting
- Making circle time more inclusive
- Supporting transitions between playtimes- coming in/going home
- Improving toileting practice/ experiences
- Giving a voice to children's emotions



# REFERENCES AND FURTHER SUPPORTIVE TOOLS

Koshy, E., Koshy, V., & Waterman, H. (2011). *Action research in healthcare*. SAGE Publications Ltd, <https://doi.org/10.4135/9781446288696>

<https://www.bera.ac.uk/blog-special-issues/action-research-research-into-action>

<https://www.tes.com/magazine/tes-explains/what-action-research>

**Check out the EC UK website** for more ideas, reports and blogs

Here is a link to a audit tool to help get you started on your research journey:

[https://www.emotioncoachinguk.com/\\_files/ugd/623336\\_2b851bb6ce9f453faa5da0791ca69420.pdf](https://www.emotioncoachinguk.com/_files/ugd/623336_2b851bb6ce9f453faa5da0791ca69420.pdf)



**THE DATE OF NEXT MEETING:  
TUESDAY NOVEMBER 24<sup>TH</sup> 2026, 12.30-2.30PM**

We always want to hear from ALL involved in any Emotion Coaching research- share your journey- big or small, completed or ongoing, your ups and downs, success and challenges, conundrums and ideas.

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

**PLEASE CONTACT ME... BECAUSE THE EC UK RESEARCH  
COMMUNITY IS YOUR SPACE AND TIME!**

Drop me an email [[emotioncoachinguk@gmail.com](mailto:emotioncoachinguk@gmail.com)] and let me know what you would like to talk on, and we can make it happen!

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**Thank you all for your time and contributions**

# ECUK UPDATES



Louise Gilbert (20 Oct 2024): Promoting social and emotional learning (SEL) in settings through emotion coaching practice: a model of engagement for practitioner use, *Pastoral Care in Education*, FREE to download and read

<https://doi.org/10.1080/02643944.2024.2402735>

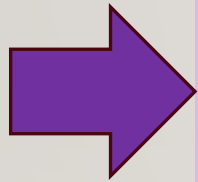
Emotion Coaching Research abstracts

[https://www.emotioncoachinguk.com/\\_files/ugd/623336\\_bca6ef402db74196be1554a697e86c19.pdf](https://www.emotioncoachinguk.com/_files/ugd/623336_bca6ef402db74196be1554a697e86c19.pdf)

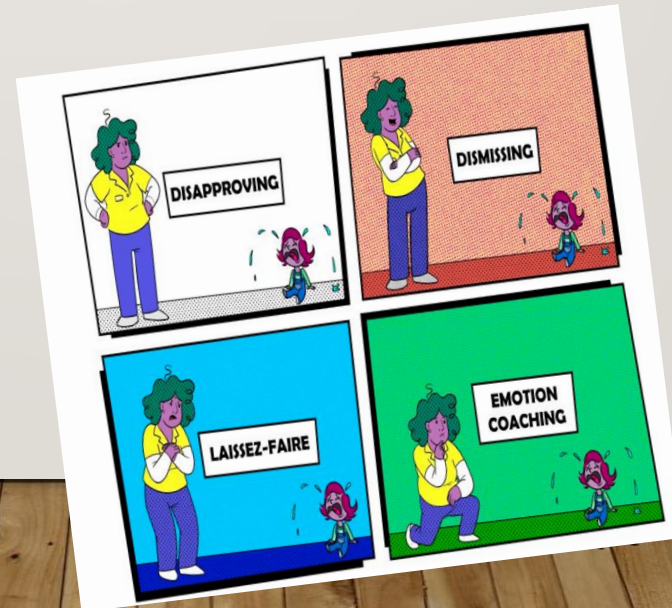


**Emotion Coaching Model of Engagement:** information and downloadable planning tool:

<https://www.emotioncoachinguk.com/post/introducing-emotion-coaching-into-your-practice>



<https://www.emotioncoachinguk.com/ecuk-international-alliances>



**New free resource:**  
Emotional Styles: Early Years animation  
(5mins)

International Partner  
Alliance  
Organisations