



Information about endorsement
as an
Emotion Coaching Mentor
by
Emotion Coaching UK



Emotion Coaching is about helping children to understand the different emotions they experience, why they occur and how to handle them.

As Emotion Coaching is a natural style of communication many people will already be 'emotion coaches', however, there are individuals who wish to focus their skills in this area and be recognised by ECUK as facilitating others.

To this end we have a level of accreditation which includes being an ECUK Emotion Coaching Mentor. This is aimed at individuals who are committed to using an Emotion Coaching style of communication with others and sharing this on an individual level with others through modelling, informal training and conversations.

There are two routes applicants may take to be endorsed by Emotion Coaching UK as an 'Emotion Coaching Mentor'.

Applicants will have received initial training by ECUK Foundation Trainers (FT), Lead Practitioner Trainers (LPT) or ECUK Practitioner Trainers (PT) and can take routes A or B.

Route A

- Two-day core training in Emotion Coaching
- Read key texts
- Completed a reflective log - minimum of four entries over three months. Including one entry where Emotion Coaching did not go as planned or could be thought of as unsuccessful

Or

Route B

- Training comprising a *minimum* of 4 hours. This can be a combination of:
 - attending training sessions
 - follow-up workshops
 - consultation/supervision with the FT, LPT or PT.
- Read key texts
- Completed 5 examples of how you have used Emotion Coaching over a minimum of 6 months and a reflection for each. Including one entry where Emotion Coaching did not go as planned or could be thought of as unsuccessful.



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If consent is given, Emotion Coaching mentors will be recognised on the Emotion Coaching UK/International website

3. Endorsement lasts for 12 months.

To renew the endorsement, an Emotion Coaching Mentor needs to attend at least one Emotion-Coaching based CPD session (of two hours minimum) led by an ECUK Foundation Trainer, Lead Practitioner Trainer or Practitioner Trainer.

4. Cost: Initial application costs £50, CPD workshops will vary according to locality.

5. Key Texts

Required

- Gilbert, L., Gus, L. & Rose, J. (2021) *Emotion Coaching with Children and Young People in Schools: Promoting Positive Behaviour, Wellbeing and Resilience*. Jessica Kingsley Publishers, London.
- Gottman, J and Declaire, J (1997) *Raising an Emotionally Intelligent Child*. The Heart of Parenting. New York: Simon and Schuster.
- Siegel, D.J. *Brainstorm, The Power and Purpose of the Teenage Brain* (2013) Tarcher/Penguin, New York. **OR**
Siegel, D. J. & Bryon, T.P. (2011) *The Whole-Brain Child*. Constable & Robinson Ltd. London.

Optional

- Sunderland, M., 2015. *Conversations that Matter-Talking with Children and Teenagers in Ways That Matter*. Worth Publishing.

Thanks to our Emotion Coaching Practitioner Trainers whose experiences have helped shape the development of our thinking around Emotion Coaching Mentors. Particular thanks to Dr. Kirsten Krawczyk, Dr. Sarah Murray, Akane Yoshida, Franny Stewart, Dr. Marnie Aston and Marianne Doonan.