

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.

Emotion Coaching mentors are not recognised as ECUK Emotion Coaching Practitioner Trainers, however they 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 (*A or *B) that applicants may take to be endorsed by Emotion Coaching UK as an 'Emotion Coaching Mentor'.

Route A

- *Attend an ECUK 2-day core training in Emotion Coaching
- Read key texts
- Complete a reflective log - minimum of 4 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

- *Emotion Coaching 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
- Complete a reflective log - 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.

***Please note:** Applicants must have received their initial Emotion Coaching training from: ECUK Foundation Trainers (**FT**) or ECUK Lead Practitioner Trainers (**LPT**) or ECUK Practitioner Trainers (**PT**).



HOW TO BECOME AN EMOTION COACHING UK Emotion Coaching Mentor

If practitioner consent is given, all 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 EC UK Foundation Trainer or EC UK Lead Practitioner Trainer or EC UK Practitioner Trainer. Emotion Coaching Mentors continual professional development (CPD) workshops may vary according to locality.

4. Cost:

Initial application costs **£55**

5. Key Texts

Required Reading

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

Or

3. Siegel, D.J. (2013) *Brainstorm, The Power and Purpose of the Teenage Brain*. New York: Tarcher/Penguin

Optional Reading

- Sunderland, M., (2015) *Conversations that Matter-Talking with Children and Teenagers in Ways That Help*. London: 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.