

2022 Emotion Coaching UK Online & In Person Training Offer

We are now offering training via video conferencing – Zoom and following review, have taken the opportunity to redesign our training packages. Whilst in person on-site training is resuming, our offer is predominately via Zoom. We have a very small number of highly skilled trainers and can only physically travel to locations that are sufficiently close their homes.

We can offer training of any length via Zoom. The longer training courses offer the best opportunity to learn about Emotion Coaching (EC) theory and how to use it in practice. However, we understand that organisations and groups have many competing pressures and so we are happy to work with what is possible.

We know for EC practice to be adopted and sustained, active support from other experienced EC practitioners, as well as drive from the practitioners themselves, is required. It is through ongoing EC practise and opportunities to share and reflect with colleagues that practitioners become more competent in recognising emotions and more comfortable and willing to engage with them.

All of our one-day and two–day training courses now include workshops '*Reflecting on your Emotion Coaching Practice*' in the offer. These workshops usually take place within a month of the initial training, allowing participants to 'have had a go'. Two-day training comes with two follow-up sessions and the second is session is again best a month after the first.

We are also now able to lead introductory/exploratory information sessions on Emotion Coaching and are available for consultations relating to individual or organisational needs.

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

During these workshops participants will be able to:

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

Please note that the *Reflecting on your Emotion Coaching Practice Workshops* can also be accessed as 'stand-alone' training for those who have previously participated in ECUK recognised EC training. These will be able to be booked via the website.

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. Emotion Coaching UK Core training course (2-day core course) + 2 x 90 minute 'Reflecting on your Emotion Coaching Practice' workshops

This satisfies the statutory attendance element requirement for Practitioner Trainer status

£2640 for up to 10 people

Then an additional £200/person up to a maximum of £4700 (30 person maximum with no more than 2 people per screen).

In-person onsite training can accommodate up to 50 people (same costs, travel costs are additional).

Please contact us for numbers greater than 50.

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

Online

£1400.00 (up to 50 people, but 30 screen maximum with no more than 2 people per screen).

In person/onsite (travel costs are additional)

£1400.00 (up to 50 people)

£1550.00 (51-75 people)

£1725.00 (76-100 people)

- C. Developing your Emotion Coaching Skills (1-day) + 1x90 minute Reflecting on your Emotion Coaching Practice workshop

This is for people who have already attended either the one-day or two-day training course.

Online

£1400.00 (up to 50 people, 30 screen maximum with no more than 2 people per screen).

In person/onsite (travel costs are additional)

£1400.00 (up to 50 people)

£1550.00 (50-75 people)

£1725.00 (75-100 people)

- D. Reflecting on your Emotion Coaching Practice Workshops - Online

2 hour workshops available to any group of people who have received some training in Emotion Coaching and have been practising using EC in their practice.

£280.00 up to 30 people.

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

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Online

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

F. 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)

G. Individual Consultation Sessions

£100/hour

