



EMOTION COACHING UK BESPOKE TRAINING

Online and in-person

Emotion Coaching UK favours a cascading model of training delivery and support for organisations. We aim to develop training and practice that can be sustained locally.

Emotion Coaching training is useful for anyone interacting with children and young people. All training materials are written in English, and the course content is delivered in English.

This model starts with key members of staff who are interested in taking a lead in Emotion Coaching development in their organisation, attending our 2-Day Core Training course delivered online. Please see our website for course dates and details: [EC UK Training Events](#)

We offer a very limited number of training experiences for individual organisations online or (depending on locality) in-person.

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. 'REFLECTION' SESSIONS: PUTTING THEORY INTO PRACTICE

These workshops are part of the 1-Day and 2-Day training courses. They take place several weeks after the training. These follow-on workshops enable participants to:

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

2025 BESPOKE GROUP TRAINING RATES

COSTS ARE IN STERLING. HOWEVER, THIS TRAINING CAN BE DELIVERED TO ANY COUNTRY.

2-DAY CORE TRAINING IN EMOTION COACHING: £380 per person

Online

A minimum of 15 and maximum of 30 participants. Additional participant numbers may be negotiated.

In-person

Minimum 15 participants. Maximum numbers may be negotiated. Travel and accommodation costs (if needed) will be added at the time of booking.

Reflection workshops

Two x 90-minute reflection workshops delivered online.

1-DAY INTRODUCTION TO EMOTION COACHING

Online

£1,700.00 Maximum of 30 participants. Additional participant numbers may be negotiated.

In- person

£1,700.00 Maximum of 30 participants. Additional participant numbers may be negotiated.

Travel and accommodation costs (if needed) will be added at the time of booking.

Reflection workshop

One x 90-minute reflection workshop delivered online.

EMOTION COACHING 'TASTER' SESSION (Half-day/3 hours)

Online

£850.00: A maximum of 30 participants. Additional participant numbers may be negotiated.

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VISIT OUR WEBSITE:

www.emotioncoachinguk.com

2025 PRACTITIONER TRAINER ACCREDITATION PROCESS

Anyone wanting to become an accredited Emotion Coaching UK Practitioner Trainer must have completed a 2-day core training course and 2 follow-up sessions.

They are then eligible to attend the free pre-application seminar which will guide them through the application requirements.

PRE-APPLICATION SEMINAR CONTENT

This online seminar is a requisite for those who wish to apply to become an accredited EC UK Practitioner Trainer.

It is free to attend to all who have attended the 2-day core training and the 2x reflection sessions and have been practising Emotion Coaching for a minimum of 4 months post 2-day training course date.

The seminar includes:

- Discuss the integration of EC through the EC Model of Engagement
- Information on the requirements to become an EC UK accredited practitioner trainer
- Exploration and guidance of EC resources to support application Incl. reflective logs, training delivery and set texts
- Emotion Coaching resource pack to support the delivery of Emotion Coaching training and evaluation of Emotion Coaching practice

CONTACT:

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