



## EMOTION COACHING UK 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.**

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](#)

Attendance on the 2-Day Core Training (or word-of-mouth about the efficacy of Emotion Coaching) often results in organisations wanting to have our trainers deliver training directly to them.

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.

**We can 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 PRACTISE

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.

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VISIT OUR WEBSITE:

[www.emotioncoachinguk.com](http://www.emotioncoachinguk.com)

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

## **2-DAY CORE TRAINING IN EMOTION COACHING: £350 per person**

### Online

A maximum of 25 screens with no more than two people per screen. (50 participant maximum)

### In-person

Any number of participants for the training. Travel costs will be added at the time of booking.

### Reflection workshops

Two x 90-minute reflection workshops are delivered online. **Only 25 people to attend per session.** The number of reflection workshops offered will depend on the numbers attending the training.

**The 2-Day course and follow-up sessions are a prerequisite for those wanting to apply for accreditation as EC UK Practitioner Trainers.**

## **1-DAY INTRODUCTION TO EMOTION COACHING**

### Online

£1600.00

Maximum of 50 people. Maximum of 30 screens with no more than two people per screen.

### In- person

£1600.00: maximum of 50 people

£1750.00: 51 to 75 people

£1925.00: 76 -100 people

Travel costs will be added at the time of booking.

### Reflection workshops

All reflection workshops are delivered online. **Only 25 people to attend per session.** The number of reflection workshops offered will depend on the numbers attending the training.

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

### Online

£800.00: A maximum of 25 screens with no more than two people per screen. (50 participant maximum)

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## EMOTION COACHING 'TASTER' (Half-day/3 hours)...cont'd

In person (only available in a small number of localities)

£800: up to 50 people

£875: 50 - 75 people

£950: 76 - 100 people

## EMOTION COACHING INFORMATION SESSION

Online

£300.00

One hour meeting for up to 20 participants. Contact us for a quote for groups greater than 20.

## EMOTION COACHING INDIVIDUAL CONSULTATION SESSIONS

Online

£100.00

### CONTACT:

[emotioncoachinguk@gmail.com](mailto:emotioncoachinguk@gmail.com)

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