



@EmotionCoachUK

www.emotioncoachinguk.com



Winter 2019



*This is our **8th newsletter** and the Emotion Coaching UK (ECUK) Community is growing and growing... So, here's a quick round-up of what's been happening in and around the country and beyond! We've also included updates on activities from the EC community, new resources and a round-up of training events.*

If there is something you would like to contribute or would like us to include, just let us know by contacting us via the website: www.emotioncoachinguk.com or by email at: emotioncoachinguk@gmail.com

Our Growing ECUK Community

Big Welcome to... All newly registered ECUK Practitioner Trainers!

We now have 20 practitioners who have completed the training, practice and learning requirement to become recognised ECUK Practitioner Trainers. Since the last newsletter, we welcome **5** new ECUK Practitioner Trainers: **Alison McAllen** based in Cardiff, **Samantha Glover** based in Birmingham, **Matthew Green** based in Bristol, **Kate Hornblower** based in Cornwall, **Kirsten Krawczyk** based in Northamptonshire, **Jane Bidwell** based in Lancashire. We're also delighted to welcome our first Practitioners Trainers from Achievement for All – **Christine Rogers** and **John Drew**. EC UK is working closely with **Achievement for All** and they are rolling out Emotion Coaching to all the schools with whom they are affiliated – you can find out more about this here:

<https://afaeducation.org/free-dt-resources/explore-our-resources/emotion-coaching/> .

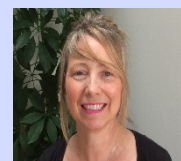
We are thrilled to have everyone onboard. Contact details are available on our website.



We've also updated the requirements for the Practitioner Trainers - Practitioner Trainers now also need to submit a **reflective log** which shows how you personally have used Emotion Coaching in an interaction with another or how you have supported another to use Emotion Coaching.

If you're interested in becoming an ECUK Practitioner Trainer please look at the website for details of training course opportunities and training requirements.

And we'd like to make a special mention of **Marnie Aston** who has now become an **ECUK Lead Practitioner**. She'll be joining Licette, Louise and Janet to support all the exciting projects and developments of ECUK.



Emotion Coaching International



We are thrilled to announce that we have expanded beyond the UK and have now welcomed our first International Practitioner Trainers! **Akane Yoshida** is based in Romania and **Franny Stewart** is based in Singapore. Both of their contact details can be found on our website. With our new International Practitioner Trainers, ECUK has now expanded to encompass Emotion Coaching International.

If you're interested in becoming an International Practitioner Trainer please look at the website for details of training course opportunities and training requirements.

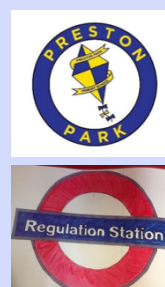
News from the EC Community

Stockton news

Judith Garbutt writes: Stockton EPS has worked together to produce a service training package and we are about to embark on delivering it to one of our schools from January 2019. We encouraged the inclusion coordinator to join our service day training and she bought into it straight away, leading to her selling the idea to the Trust. We're very excited to see how it goes. Every member of the team wants to do the follow up work to become Emotion Coaching trainers.

Brent news

Preston Park Primary School has gone gung ho with EC. This started in September 2017. They have set up lots of new initiatives including a new behaviour policy (see the resources section below). An EC ambassadors group has been formed with representatives from each year group who lead EC in their year group. The group meet on a regular basis for support and development. Staff wear EC/regulation lanyards, pupils have been trained to support in the playground, parents have had workshops and EC coffee mornings and in class regulation stations have replaced time out desks to help children learn to refocus and reflect, rather than expecting them to be able to do so.



Kingsbury Together Cluster has developed a project, funded by Brent Schools Partnership. The cluster is made of Kingsbury Secondary School, Roe Green Junior School, Kingsbury Primary School, Oliver Goldsmiths School, St. Robert Southwell School and Freyent School. This cluster has just finished a two term project October 2017-March 2018 and evaluations have shown that:

- teachers are more aware of the impact of their own emotions when interacting with pupils
- teachers are more aware of their pupil's feelings
- teachers are listening to pupils more
- teachers feel better able to support pupil emotional (and behavioural development)

Teacher use of emotion socialisation has increased: The highest rating was given to teachers feeling that they have changed their reactions and responses to pupils' emotions (and behaviour). Teachers also felt that they had increased the amount of 'emotion talk' they used with pupils, increased the amount of modelling they used about how to manage emotions, and increased explicit teaching about emotions.

Positive changes for the pupils are found in: (in order of amount of strength of impact, but all positive).

1. Pupil language
2. Pupil interactions with other pupils
4. Ability to regulate behaviour when needed
4. Prosocial behaviour
5. Decrease in anti-social behaviour
6. Pupil interactions with adults
7. Learning



Leicester news

Warren Hills Community Primary School in Leicester has a nurture group and has incorporated EC into their school, via the nurture group. The head of the nurture group is also an EC practitioner trainer

Northamptonshire News

St Barnabas Infant School In Wellingborough reports that using EC was mentioned positively in their Ofsted report.

North Yorkshire News

Marianne Doonan and Clare Stephens report that Virtual School Educational Psychologists are rolling out Attachment Aware training / Action Research for the Virtual school in North Yorkshire. They are using Emotion Coaching as a key tool to support schools to embed good practice and they are carrying out Action Research in this area.

Carlton and Faceby Primary School has trained all of the staff, pupils and parents in Emotion Coaching. They use this as a universal approach in classes to develop pupil self-awareness and emotional regulation. They are also using it as a means of developing emotional wellbeing. It is used on an individual case basis too in more complex cases e.g. emotional control / anxiety.

Selby Abbey Primary School has been developing Emotion Coaching for a couple of years. They have 7 Emotion Coaching champions and have trained other staff, some class groups and are currently training MSAs. They are using the approach as a means of supporting the development of emotional understanding, awareness, self-efficacy and to reduce behavioural difficulties. Individual case studies have also been included in the action research.

Le Cateau, Hipswell and RAF Leeming primary schools have been involved in the training and have used Emotion Coaching with individual cases. They are primarily using the tool to develop their own staff skills in this area and as a means of supporting emotional development / management with pupils.

Friarage Primary has combined Emotion Coaching with the use of restorative practice in individual case work and as a full school approach. They have found Emotion Coaching particularly useful as a means of building relationship and trust between staff and pupils which has enabled further communication / conversations to take place.

Rotherham News

Karen Davies reports how in May 2016, the Educational Psychology Service took part in the one day training delivered by Licette Gus. The training was warmly received and has been embraced by the whole service. Since this time, Emotion Coaching training has been delivered in at least 20 different whole schools/settings; from large Post-16 colleges to infant school settings. Due to the interest this has generated, EPs have also offered training to foster carers, social workers and other professionals. Training has been always been well received with a number of participants commenting that Emotion Coaching will help them to 'calm students when upset', 'support children by seeking solution to problems', 'enable us to deal with the reasons why and not just behaviour', 'create dialogue with young people' and 'support us to be less dismissive'.

As part of an Attachment Friendly Schools initiative, which is being promoted by Rotherham Virtual School, several schools are currently engaged in Action Research Projects exploring the impact that Emotion Coaching training has on different aspects of school life from teacher confidence to individual pupil wellbeing. It is hoped that findings will be shared later this year.

EC Presentations at Conferences

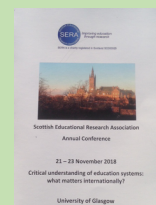
AEP Conference

At the Association of Educational Psychologists (AEP) annual conference in Manchester in November, Licette delivered a workshop outlining the impact upon teacher resilience following the completion of a 5-month project. This project aimed to support teacher's embedding EC in their practice. For the evaluation report, please see the website.



Scottish Educational Research Association

Louise Gilbert and Licette Gus delivered a symposium event at the Scottish Educational Research Association (SERA) annual conference in Glasgow in November, 2018. The title of the symposium was "Emotion Coaching: living to learn and learning to live- harnessing the power of relationships to promote learning potentials in educational settings". Licette also delivered a separate Emotion Coaching workshop at SERA.



ENSEC forthcoming

In August, Louise, Janet and Licette are off to Budapest to deliver another symposium at the European Network for Social and Emotional Competence annual conference.



New Accreditation: Emotion Coaching Mentors

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'. For more details, please contact Katrina Rose at:

emotioncoachinguk@gmail.com



New One Day Follow-up Training – Developing your Emotion Coaching Skills

Licette Gus has developed an exciting new one-day course that follows the standard two-day course. This course focuses on:

- ✓ Attuned communication
- ✓ Managing our own emotions as a precursor to supporting our children's understanding of their emotions
- ✓ Developing strategies we can use at Step 4 of Emotion Coaching- helping a child to problem solve.

Emphasis is also placed upon supporting children to use physical regulation strategies; both as a whole class and on an individual basis. We'll be rolling out the new oneday course around the country in due course. Watch out for details.

Emotion Coaching Resource Update

More resources are now available on our website:

- ✓ Brighton and Hove Schools Attachment and Behaviour Regulation Policy - this is an exemplar of how to support children's behaviour and wellbeing using emotion coaching as a key strategy
- ✓ Preston Park Primary School Behaviour Policy - another lovely educational policy consistent with using Emotion Coaching as a core strategy
- ✓ Here's another useful resource book to share with children - My Mixed Emotions available at <https://www.amazon.co.uk/My-Mixed-Emotions-Handle-Feelings/dp/1465473327>



***Also available on YouTube** are the following short clips By Dr Becky which may be of interest to you:

- ✓ Different styles of responding to anger: https://www.youtube.com/watch?v=xs7OWBj_GiE
- ✓ Different styles of responding to sadness: <https://www.youtube.com/watch?v=foOHvyv9CVI&frags=pl%2Cwn>

ECUK Emotion Coaching Training Update

Romania EC Training:

In August 2018 Licette was invited to Romania to deliver EC training to the American International School, Bucharest (AISB) (Elementary). About 90 school staff attended. A follow up visit in Bucharest took place in December as part of the Central and Eastern European School Association and the European Collective of International Schools Conference (CEESA/ECIS). Again, the one-day training in EC was offered and teachers from schools in Vienna, Istanbul, Sofia, Vilnius, Helsinki, Azerbaijan, Budapest, Krakow and Bucharest attended. Special mention must go to Ayse Kiziltan, a teacher/psychotherapist from Turkey. Ayse drove 1600km from Istanbul to Bucharest to attend the two days of training in Emotion Coaching.



Lancashire ECUK Training:

Licette Gus and Marnie Aston, new Lead Practitioner Trainer for ECUK, led our first training weekend in the North-West in November 2018. The Darwen Serenity and Self-care Centre was a wonderful venue and the care and thoughtfulness shown to us by Gina the director of the Centre was much appreciated.

Lancashire Early Years School Improvement Service also asked Licette to deliver two workshops in November, 2018 for their Early Years Practitioners. This formed part of the CPD opportunities they offered to the county.

Staffordshire Virtual School EC and attachment training:

Staffordshire Virtual School organised a joint teacher educational day on Attachment, Trauma and Emotion Coaching in November for all staff of Tamworth primary schools. The large number of people attending the event necessitated that it be run over two days. This event was beautifully curated day by the Virtual School Head Teacher Sarah Rivers. The day started with Geese Theatre Company performing their interactive piece about pupils who may experience attachment difficulties in primary schools. This was sandwiched by information about the theory of attachment by Clark Bain. BBC reporter and ex-care leaver Ashley John-Baptiste spoke movingly and inspirationally about his life in care and urged teachers to have high aspirations for and to transmit these to children in care. Licette rounded off the day with an Emotion Coaching Workshop as a “what might we do to support attachment in schools”. ECUK is now working closely with Staffs VS to deliver attachment awareness and Emotion Coaching over a series of months. More of this in the next newsletter.



Tamworth EC Training:

As a precursor to the Tamworth teacher education day (TED) on Attachment and Trauma, Licette delivered a two-day Emotion Coaching training course to a representative from each of Tamworth Primary Schools. The goal of this training was to have a key figure in each school who could act as support and provide leadership for school staff after the TED day. Follow up workshops/supervision sessions are planned to support this group of staff for the rest of the academic year.

London ECUK Training:

Licette and Janet spent two days in London in February 2019 with another lovely group of people from all over England. We had a perfect venue (the Early Excellence Centre) for the event and enjoyed sharing the work of ECUK with a range of professionals who work with children and young people. They included Educational Psychologists, Therapists, Behavioural Consultants, Teachers, Nursery Managers, School Leaders, Inclusion Coordinators and a Child Counsellor.



Camden EC EP Training:

Licette delivered training to Camden Educational Psychology Service. EPs from neighbouring boroughs were invited: in all over eight different London boroughs had EP representatives attending the day.

Forthcoming EC Training:



March 9-10 2019 is the next date for the **ECUK 2-day Core Training** and we're heading West to Hereford. This EC Core Training is open to all those who want to learn more about the 'who, what, where and how of EC'. Further details on the training are available on the website.

If you want to train and become a registered ECUK Practitioner Trainer, the ECUK 2-day Core Training satisfies the mandatory EC training component. Please see www.emotioncoachinguk.com for further details on how to become a registered ECUK Practitioner Trainer



Wanting ECUK 2-day Core Training in your locality? The Stockton-on-Tees training came about because of expressed local interest, and a few practitioners have been instrumental in helping us find suitable locations and suggest appropriate dates. If you think that you and your colleagues would like ECUK 2-day Core Training in your area, we are very happy to work with your local knowledge and connections to set this up. Just contact us via the website www.emotioncoachinguk.com or email directly emotioncoachinguk@gmail.com

Practitioner Trainer Learner Day - First workshop for Practitioner Trainers

We held our first learning day together in October 2018 in Birmingham. Practitioner Trainers came from Cornwall, South Tyneside and everywhere in between. It was great to share experience, stories and resources.



NE Interest Group meeting - Calling all people interested in Emotion Coaching in the North East!

Marianne Doonan a Practitioner Trainer has taken the lead and organised a NE Emotion Coaching interest group meeting for the 10th of May 10-3.00. Usually these days run with a sharing of ideas and practice and some input about particular aspects of EC. Louise Gilbert will be attending from ECUK.

The meeting will take place at County Hall in Northallerton, Room 212 North Block. County Hall is directly opposite the station in Northallerton and it has visitor parking if you are driving. Please indicate to either Marianne Marianne.Doonan@northyorks.gov.uk or ECUK emotioncoachinguk@gmail.com if you would like to attend. Marianne will send more details closer to the time.

From us all at ECUK we wish you all a happy New Year and look forward to hearing from you and meeting-up again soon

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