**Emotion Coaching**

A parent/carers weekly bite size guide



**Do you feel any of these things?**

I don’t know what more I can do.

We used to be so close

My child doesn’t understand me

I have tried everything and nothing works

I am failing as a parent

I don’t enjoy spending time with my child

My child has no respect for me or their siblings

**…then emotion coaching may be worth a try.**

**What is emotion coaching?**

* **Emotion Coaching is a way of supporting yourself, young people and adults who are struggling to regulate their behaviour.**
* **It enables us to potentially diffuse and de-escalate situations where people become upset, angry or aggressive.**
* **When we emotion coach we consider what the feelings, needs and emotions are behind the behaviour.**
* **Whilst the research is grounded in parenting the principle holds true more broadly for any interaction.**

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**Where does emotion coaching come from?**

John Gottman is an American Psychologistwho has developed research on emotional intelligence, using a 5-step method that aims to build emotional intelligence and create positive, long lasting effects for children.

**When can we emotion coach?**

* 30-40% of the time.
* In moments of difficult emotion.
* As a communication tool.

**Why emotion coach?**

* Strategy to deal with life’s ups and downs.
* Accepting all emotions as normal.
* Emotion Coaching uses moments of heightened emotion and resulting behaviour to guide and teach the young person about more effective responses.
* Through empathetic engagement, the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'.  This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.
* A calmer young person, a calmer adult and a calmer household.
* More resilient young people and adults.

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