

Coventry Education Psychology Team will be running a FREE session for parents/carers on

Emotion Coaching

Emotion Coaching is an approach that parents/carers can use with children and young people to support their emotional development.

Research suggests that Emotion Coached children and young people:

- Are more emotionally stable
- Are more resilient
- Achieve more academically in school
- Have fewer behavioural problems

This session will introduce the steps of Emotion Coaching and it's scientific basis and will involve practical activities and resource sharing so that parents can begin to use this increasingly popular approach straight after the session.

ADDITIONAL DATE!

'Live' Virtual Session

(This session will be delivered via Microsoft Teams)

Tuesday 30th April 2024

12.30pm – 2.30pm