

Emotion Coaching

A parent/carers
weekly bite size
guide

Do you feel any of these things?

My child doesn't listen to me.

I don't know what more I can do.

My child doesn't understand me

We used to be so close

I don't know my child anymore

I don't understand my child

I have tried everything and nothing works

I am failing as a parent

Everything is hard work

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.**



Where does emotion coaching come from?

John Gottman is an American Psychologist who 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.



