

Somerset Emotion Coaching Project

Emotion Coaching Workshop 1 The Library, Stanchester Academy

Training Outline

Fidelity from TUNING in to KIDS

13.15 **Networking opportunity-** please bring your own food and drink

13.35 IT session – what is a proxy connection?

13.45 **Focus for today :**

- understanding emotion coaching and how it can impact on children and young people's emotional experience
- understanding emotional development during childhood and adolescence
- understanding our own meta emotion beliefs and how they contribute to how we respond to the emotions of children and young people
- developing skills in tuning in to emotions, in particular skills in reflecting emotions
- developing empathy skills to assist in showing acceptance and support when children/adolescents are emotional
- understanding of the Key Performance Indicators and the Emotion Coaching Programme including use of the mental Health Toolkit

14.00 – **WARM UP EXERCISE** – MINDFULNESS 10 MINS WITH HEADSPACE

14.10 – **REVIEW HOME ACTIVITY**

- what stood out from the whole day workshop?
- what have you noticed in terms of children and young people's presentations?
- have you tried to use emotion coaching and emotion tuning? Was it hard/ easy?
- have you started e- learning?
- have you used the Mental Health Toolkit or MindEd? What are your thoughts?

- Feedback from survey : Improve IT by explaining proxy connection, Consider sitting in smaller groups and ?? in age bands, More group work. More networking
- Review flip charts – give purpose and encourage Reflect, Accept, Validate . How to use learning in workplace?

14.30 – **Rules for the Group – Confidentiality** – create written notes for Google Drive

14.40 –**STRUCTURE OF SESSIONS**

- summary of programme as a whole
- review of Key Performance Indicators
 - increased awareness of emotional and mental health within children’s workforce
 - a culture of openness is developed around emotional mental health eg creating acceptance that it is OK to talk about emotional and mental health problems
 - a sustainable network of trained champions exists in Somerset
 - a legacy of trained trainers
 - increased use of resources within Somerset including the Mental Health Toolkit
 - information about specialist services is widely available in different and appropriate formats for children and young people
 - the different services offering emotional support to children and young people are aware of the mental health toolkit and are working together to create a joined up approach to sharing information about emotional and mental health with children and young people
 - new resources for the toolkit are identified
- discuss practicalities of final 3 workshops and need to start thinking mindfully about roles

14.50 **NORMALISING DIFFICULTIES**

- explore ups and downs of working with children and young people

- what are the things you really enjoy
- what are the things you would like to be easier/ different?

15.10 **EMOTIONAL INTELLIGENCE** – Hand Outs

15.15 **Teas and Coffees**

15.30 **EMOTION COACHING** – Hand Outs 5 and 6

- what kind of adult would you like the children/ young people you work with to become?
- what challenges/ experiences will they need?
- how does our emotional intelligence and ability to accept and connect interplay?

15.45 **EMOTION DISMISSING**

- we all emotion dismiss – reflection of society...what do you think would be useful in your work setting?

16.00 **DEVELOPMENTAL ISSUES-** ? HOME WORK IF TIME SHORT

16.05 **OPPORTUNITIES TO CONNECT** – EMOTION TUNING ? Felicia

- HANDOUT 20
- think about the different emotions we see at work- identify emotions that lie behind the challenging behavior

16.15 **FRIENDSHIP SKILLS AND META EMOTION**

- what are your take home messages from your childhood? Eg sadness is to be kept to yourself, anger is good to let out, silly to worry.....

16.35 **FEEDBACK AND HOMEWORK**

What is or isn't working for you?

e-learning

Mental health toolkit

Headspace

John Gottman videos

Case studies/ Emotion Coaching Diary

16.45 **HOME**