

# Somerset Emotion Coaching Project

## Workshop 1

### Training Outline

9.15 Arrival/Refreshments

9.45 Welcome and project outline

9.50 Warm up activity – Think about a favourite teacher from school. What was it about them/What did they do that made them your favourite? Think about your least favourite teacher and why?

10.00 Questionnaires

10.15 Background/context – Janet (1 hour)

- Activity – challenging behaviours
- Evolution of emotional development
- Neuroscience of affect regulation
- Links to attachment theory – clip Still Face Experiment
- Activity – Safe haven

11.15 Break

11.30 Introduction to Emotion Coaching - Janet (1 hour 15 mins)

- Activity – Clip of French class Catherine Tate – feelings matter (introduction to meta-emotion philosophy)
- Why do we need it – EC and schooling and case studies
- What is it? –including clips of different styles etc.
- Activity – Multiple Scenarios – identifying EC
- How do we do it? – the 5 steps
- Activity – identifying the 5 (3) steps - EC clip
- Activity – writing scripts based on scenarios

12.45 Lunch (30 mins)

1.15 MindEd – Introducing the Mental Health Toolkit – Sarah (45 mins)

- Introduction to MindEd – Cathy Street (15 mins)
- Evaluation discussion – Cathy Street (15 mins)
- Activity – Access to Mental Health Tool Kit (15 mins)

2.00 Emotion Coaching – e-learning – Janet (5 mins)

- Demonstration
- Usage as learners and as a cascade tool

2.05 HeadSpace – introduction – Sarah (10 mins)

2.15 Break

2.30 Networking Activity – Sarah (45 mins)

- Opportunity to meet each other and share learning across agencies
- What do you hope to achieve?
- Divide into groups and discuss safeguarding implications of Emotion Coaching for children, young people and parents - what are your feelings about this?
- Feed back to main group

3.15 What next? – Janet (30 mins)

- Outline of future workshops (x3 workshops on EC, x1 cascade to managers/heads/governors, x1 needs and interventions, x1 young people workshop, x1 dissemination)
- Project commitments/expectations – cascading, networking, case studies

3.45 Reflections on the day - ideas/needs for future workshops

4.00 Finish