

# Somerset Emotion Coaching Project

## Workshop 1 [TAUNTON SCIL](#)

### Training Outline

9.00 Arrival/Refreshments

9.15 Welcome and project outline Dr Janet Rose, Dr Sarah Temple, Helen Ryder

9.20 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?

Questionnaires

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 Dr Sarah Temple, Karen Harris, Helen Ryder

Headspace - demo

- Introducing Mindfulness – Karen Harris

### 1.30 Networking Activity

- Sarah (45 mins) Safeguarding, Working Together and Emotion Coaching
- Balancing increased awareness of risk with greater awareness of strengths in families, extended networks and among professional and voluntary groups
- Opportunity to meet each other and share learning across agencies
- Divide into 5 groups of 6 and discuss times when risk management went well and times when risk management went badly – think about your feelings in each case
- What are the safeguarding implications of Emotion Coaching for children, young people and families - what are your feelings about this?
- Feed back to main group

### 2.30 Introducing On Line Learning and the Mental Health Toolkit

- Emotion Coaching – e-learning
- Demonstration
- Use as learners and as a cascade tool
  
- Introduction to MindEd
- Evaluation discussion
- Activity – Access to Mental Health Tool Kit

### 3.00 Afternoon Tea

### 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

**An online survey will be emailed to you – please complete and return with your ideas and feedback – the aim of the survey is to help us work effectively with you all and improve outcomes for children and young people in Somerset.**