

What we will give you

In each of the five districts we will provide an initial one day workshop with an introduction to emotion coaching and information about our involvement with the Somerset Children and Young People's Health and Wellbeing Programme and the Mental Health Tool kit.

We will follow this with six half day workshops where we will work with emotion coaching case examples, explore further integrating mindfulness with our work, consider how we can effectively use the Mental Health Toolkit , plan ways to build capacity and networks and develop ideas in relation to cascading the training within the champions own organisations. One of the workshops will focus on disseminating the work to heads, governors and managers and another will focus on working with young people. Finally there will be a final county wide dissemination conference in December which will be led by champions with input from young people.

We will also offer you an e-learning tool as part of your learning package.

What we would like from champions

We would like a commitment to attend the workshops and to take part in presentations and group activities.

We would like you to begin to implement an Emotion Coaching and Attachment Aware strategy within your professional practice and organisation.

We would like you to participate in the e-learning (approx 10 hours work) and to engage with the Mental Health Toolkit - in particular the health information available through Minded.

We would like each champion to commit to joining ONE of these initiatives:

- roll out emotion coaching peer mentoring with young people
- roll out emotion coaching and attachment aware training with peers in your own service
- roll out a county wide sustainable network for professionals (eg via social media)

We would like the school based champions to monitor internal exclusions and behavioural incidents with some case study children and young people.

