

# **Emotion Coaching County Wide Network Meeting**

**at**

**Monks Yard, Ilminster**

**12.45 pm Wednesday 25th May**

**13.00 Welcome by Sam Speed**

**Focus for today : Sharing learning. Developing Cascading Skills.  
Networking and Supporting Each Other**

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

**13.25 – REVIEW HOME ACTIVITY – Examples of using Emotion Coaching**

**13.40 - Presentation - Clare Wilson and Sharron Ricketts–**

**Mindful Emotion Coaching including Meta Emotion and  
Dan Siegel's Hand Model.**

**14.10 pm – Kayleigh Partt Educational Psychologist**

**Solution focused Group Work and introduction to ELSA programme**

**15.10 pm – TEA BREAK**

**15.40 pm – Training Materials : Nicky Barratt, Karen leafe, Andy leafe, Clare Wilson.**

*sharing where we are. practical hands on working with Emotion Coaching*

**16.15 - Brain storming – Sarah Temple**

**16.30 HOME**

**Contact : Sam Speed [sspeed@somerset.gov.uk](mailto:sspeed@somerset.gov.uk)**

**[www.emotioncoachingsomerset.co.uk](http://www.emotioncoachingsomerset.co.uk)**

**for those of you joining us at the [BASPCAN funded safeguarding meeting at 10am](#) please [contact Sarah Temple](#) to book a place and buffet lunch**