



Mindful Emotion Coaching

[Mindful Emotion Coaching](#) is inspired by the work of [Daniel Siegel](#) (Los Angeles), [John Gottman](#) (Washington) and [Jack Shonkoff](#) (Harvard). We explore the neuroscience of the brain as a social organ, the role of emotionally intelligent adults in modelling Emotion Regulation and the 'How to' of developing Emotion Intelligence and Resilience.

'Emotion Intelligence (Emotion Regulation and Resilience) is the ability to understand and manage your emotions which in turn enables connection and empathy with others' Dr Sarah Temple EHCAP

The 'How to' of developing Emotion Regulation is based on [5 steps of Emotion Coaching](#). (Gottman, John, and Joan DeClaire. Raising an Emotionally Intelligent Child. New York, NY: Simon & Schuster, 1998)

- Tune In and Be Aware of emotions
- Connect and see expressions of emotion as moments for intimacy and learning
- Listen with [empathy](#), validating and labelling feelings
- Reflect and clarify
- Enable problem solving (with limit setting if necessary)

Emotion Regulation skills are crucial for learning and development at all stages of life and allow us to make healthy choices leading to lifelong benefits for individuals, families and communities.

Our children's mastery of understanding and regulating their emotions will help them succeed in life in a myriad of different ways – they may for instance, be more self-confident, perform better in social and academic situations, and even become physically healthier

'Mounting research from neuroscience and psychology tells us that there is a set of underlying core capabilities that adults use to manage life, work, and parenting effectively. These include, but are not limited to: planning, focus, self-control, awareness, and flexibility – a combination of Emotion Regulation and Executive Function.' Center on the Developing Child at Harvard University (2016). *Building Core Capabilities for Life: The Science Behind the Skills Adults Need to Succeed in Parenting and in the Workplace*

Dr Sarah Temple MRCGP – working with Bath Spa University leading Mindful Emotion Coaching Training in Somerset (Somerset County Council funded). www.emotioncoaching.co.uk