

Emotion Coaching – practice

You have been introduced to two practice tools. We invite you to put these into practice in your work setting and to reflect on the outcome and experience with your supervisor.

During the second Emotion Coaching session you will have an opportunity to share your practice with others. This is a vital part of our learning.

1. **The Hand Model [Dan Siegel] – “Name it to Tame it - keeping our lids down”.** You could share this model with colleagues or with the children you work with.
 - a. The first step – being aware of our own emotions.
 - b. We use our awareness of our own emotions to notice other’s feelings.
 - c. This allows us to respond in an attuned way.
 - d. <https://www.youtube.com/watch?v=ZcDLzppD4Jc&feature=youtu.be>

2. John Gottman’s 5 steps of Emotion Coaching

1. Become aware of emotion, especially if it is of a lower intensity (such as disappointment or frustration)
2. **Connect** and view emotion as an opportunity for intimacy and teaching
3. **Accept** -communicate your understanding and acceptance of the emotion – empathy. *‘I am wondering if’*
4. **Reflect** - Use words to describe feelings – ‘Name It to Tame It’
5. **End stage** -If necessary, help them to solve problems. You may also communicate that all wishes and feelings are acceptable, but some behaviours are not.

www.emotioncoaching.co.uk