



www.mindfulemotioncoaching.co.uk

Links to our on line resources and information about our work

- **building skills in insight and empathy (emotion intelligence) through Mindful Emotion Coaching to support staff wellness and communication**
- **increasing understanding of the effects of adversity in childhood on long term physical and mental health outcomes using the ACE framework**
- **developing mindful habits that balance connections between the brain, the body and the social environment enabling us to be 'present' in highly complex situations including safeguarding children and young people**



Key evidence base for this psycho education tool –

- Eileen Munro – Effective Child Protection
- Harry Ferguson – Child Protection Practice
- Dan Siegel – Mindsight Institute
- John Gottman – Gottman Insititute
- David Eagleman – Research neuroscientist
- Jack Shonkoff- Center on the Developing Child

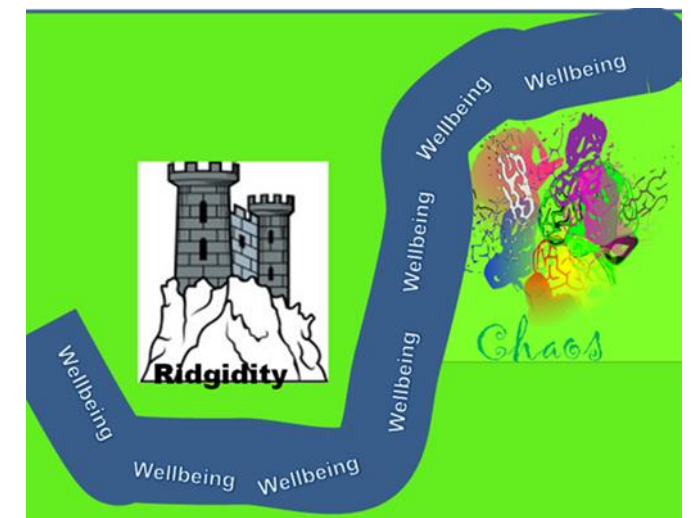


Core Principles

By paying attention to our emotion intelligence and wellness we enable our brain to function in a more integrated way

How do we build these skills?

- The Hand Model metaphor
- Mindful Exercises
- Emotion Coaching
- Family of Origin Exercise
- Free On Line Resources
- Coaching, Counselling and Supervision



Dan Siegel – The Hand Model



Wellness

Wellness and Integration using a Wellness Plan

Working with Family of Origin Experiences

John Gottman- Emotion Coaching

Hampshire

Your ideas for a training programme that develops skills in communication between professionals across services

Discuss here

Leave a post it note

Email Sarah or Cynthia

OR

Send a comment on this online form

www.emotionresilience.co.uk