

## FIDELITY FOR ONLINE MACE TRAINING SESSION TWO

### WEBINAR URL

<https://us02web.zoom.us/j/81696761802?pwd=aFhVUFp2Yy9lZG1GUlZGU2F3UURtUT09>

Passcode: ehcap

### The aims of this training are:

- to understand the effects of adversity in childhood on long term physical and mental health outcomes using the Adverse Childhood Experience framework
- to build skills in insight and empathy (emotion intelligence) through Mindful Emotion Coaching to support staff wellness and communication
- to increase awareness and understanding of the neuroscience behind behaviour and social emotional development

Each session will be 3 and a half hours long (half a day). The first part of the session will be flexi learning with online resources provided. You will then join Dr Sarah Temple in a webinar for the final 2 hours of the session where you will have the opportunity to ask questions and discuss learning with your peers.

### Flexi learning online resources

Video of Powerpoint : <https://vimeo.com/398251116>

Handouts - <https://www.ehcap.co.uk/news/hand-outs-for-mace-workshops>

Resources for parents – [www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk) this site has recently been upgraded and contains links to e-learning modules as well as a children's book I am in the process of developing

Professor Jack Shonkoff 2020 lecture from Center on the Developing Child 2020 “Leveraging Advances in Science to Strengthen the Early Foundations of Both Learning and Health”  
[https://developingchild.harvard.edu/resources/2020-national-prenatal-to-3-research-to-policy-summit/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=september\\_2020](https://developingchild.harvard.edu/resources/2020-national-prenatal-to-3-research-to-policy-summit/?utm_source=newsletter&utm_medium=email&utm_campaign=september_2020)

The timetable overleaf is approximate- thank you for bearing with us as we transition from running workshops to webinars-

Sarah

Dr Sarah Temple 07961116819

## TIME PLAN FRAMEWORK

### 12.00-1.15pm Flexi-learning

1.15-1.30pm Join webinar as attendees. You will not see yourself on the screen until you are upgraded to panelist. While waiting to be upgraded please type any questions you may have into the Q&A section and complete the online poll. Once you are a panelist you will no longer be able to submit questions through the Q&A button. Any observers attending will remain as attendees.

There will be a 10 minute comfort break at approximately 2.30pm.

### 1.30 – greeting and introductions including IAPT contact details for emotional support

-access to online materials

- [www.emotioncoachingsomerset.co.uk](http://www.emotioncoachingsomerset.co.uk)
- [www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)
- [www.cypsomersethealth.org](http://www.cypsomersethealth.org) – parent carer toolkit plus maternity toolkit

-answers to questions

### 1.45 pm– mindful exercise

- Sharing stories
  - o Hand Model
  - o Emotion Coaching
- Brene Brown – Empathy and Sympathy
- Family of Origen
- Finding your shark music

Ask about childhood experience of talking about emotions, choose an emotion and think through how your parents showed you when they had that feeling, how they talked about it , how they talked with you when you had that feeling

- Toxic Stress- what is it?
  - CDC Hand Out
- Latent Vulnerability

2.50 pm ACEs inclusion exercise with mentimeter

3pm self care

3.25 pm online feedback form [www.emotioncoachingsomerset.co.uk](http://www.emotioncoachingsomerset.co.uk)

3.30pm END