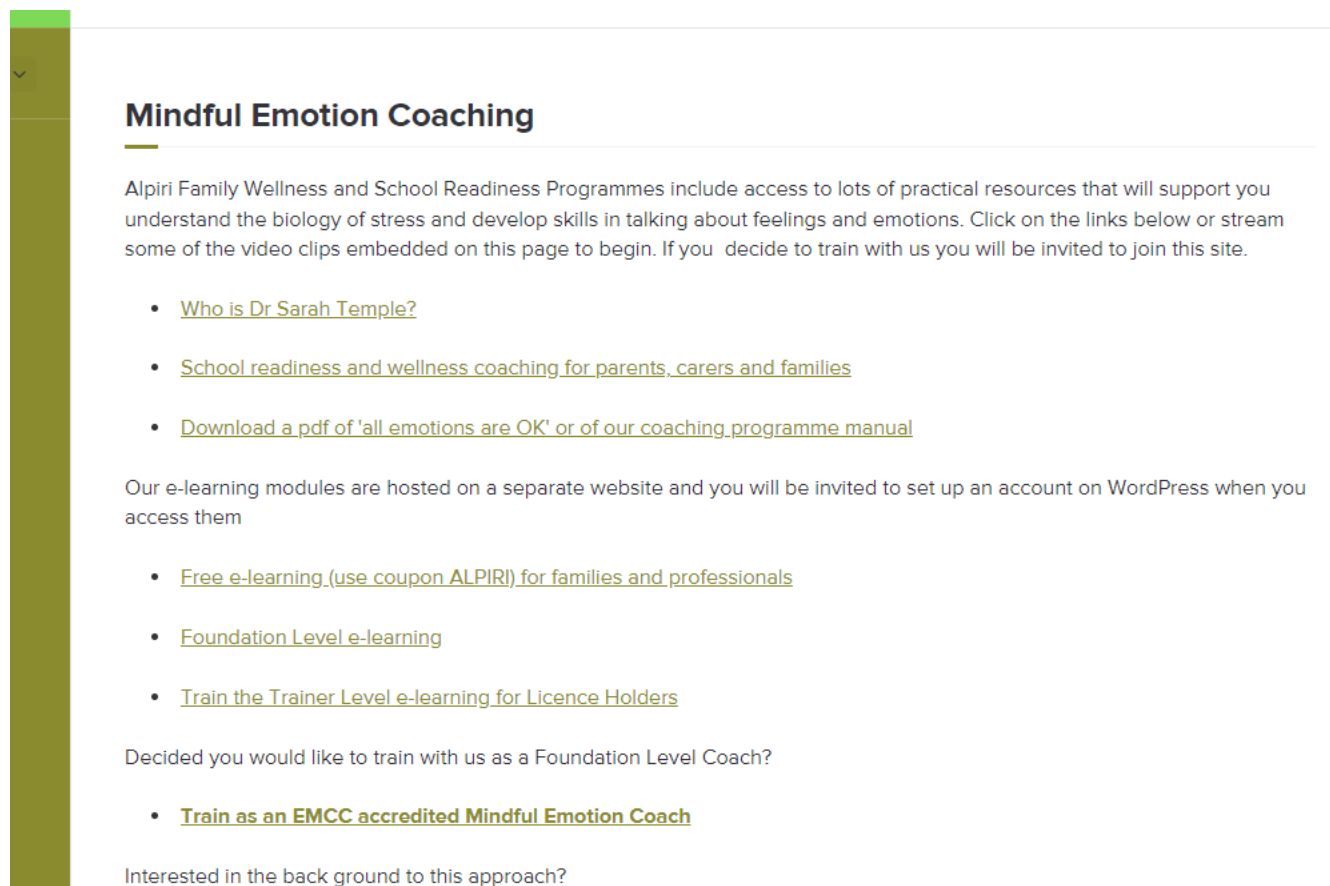


Accessing EHCAP's e-learning modules

1. Go to www.mindfulemotioncoaching.co.uk
Note that www.alpiricoaching.co.uk takes you to the same page



Mindful Emotion Coaching

Alpiri Family Wellness and School Readiness Programmes include access to lots of practical resources that will support you understand the biology of stress and develop skills in talking about feelings and emotions. Click on the links below or stream some of the video clips embedded on this page to begin. If you decide to train with us you will be invited to join this site.

- [Who is Dr Sarah Temple?](#)
- [School readiness and wellness coaching for parents, carers and families](#)
- [Download a pdf of 'all emotions are OK' or of our coaching programme manual](#)

Our e-learning modules are hosted on a separate website and you will be invited to set up an account on WordPress when you access them

- [Free e-learning,\(use coupon ALPIRI\) for families and professionals](#)
- [Foundation Level e-learning](#)
- [Train the Trainer Level e-learning for Licence Holders](#)

Decided you would like to train with us as a Foundation Level Coach?

- [Train as an EMCC accredited Mindful Emotion Coach](#)

Interested in the back ground to this approach?

2. Free e-learning can be accessed directly from this page by clicking the 4th link in the list. You will need to use a coupon – most of you will use ALPIRI but some of you may be asked by your service provider to use a different coupon which they will provide.

- Other e-learning modules and downloads of the coaching manual as well as 'all emotions are OK' are found by clicking subsequent links either from the www.mindfulemotioncoaching.co.uk homepage or directly on the e-learning webpage. If you are paying for materials you can purchase them here. The process is easier if you check that you are logged into your account by clicking My account in the Navigation Bar

All Emotions are OK
the biology of stress and science of resilience

Search products...

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Mindful Emotion Coaching e-learning

[free beginner e-learning](#)

- From 'My Account' you can access courses that you have paid for (or used a coupon to pay for) in orders. Any courses that you have been manually enrolled into by EHCAP will not show here.

My account

Hello Adam Parker (not Adam Parker? [Log out](#))

From your account dashboard you can view your [recent orders](#), [m. password](#) and [account details](#).

- Dashboard
- Orders
- Store Credits
- Downloads
- Addresses
- Payment methods
- Account details

5. If you have been manually enrolled into the Foundation Level Mindful Emotion Coaching Programme make sure you are logged into your account and then click Foundation Level on the Navigation bar

All Emotions are OK

the biology of stress and science of resilience

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6. You should now see a 'Start Learning' button

★★★★★ 5.00 (5 Ratings)

Foundation Level Mindful Emotion Coaching Programme

Categories: health and wellbeing, wellness

Wishlist Share



Course Info Reviews Announcements Resources

Course Progress

0 / 22 0% Complete

[Start Learning](#)

[Complete Course](#)

You enrolled in this course on **July 16, 2022**

Enrolment validity: Lifetime

7. Use exactly the same approach to access the Train the Trainer Level e-learning for Licence holders.
8. Once you have completed your course you should be able to access a certificate – you may need to click Complete Course

Navigation Bar explanation:

All Emotions are OK

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- **'Shop'** - purchase e-learning modules or downloads of the 'all emotions are ok' book or Mindful Emotion Coaching Manual by clicking this link
- **'My account'** – click this link to log in to your account and to view your purchases
- **'Free'** – click this link for the free beginner e-learning for families and professionals- this platform contains most of the content of the 'all emotions are OK' training webinars
- **'Foundation Level'** - European Mentoring and Coaching Council approved level e-learning – this contains the **materials for the Foundation Level Mindful Emotion Coaching Programme** and has a lot more information about Adverse Childhood Experience research. Some of you will have been manually enrolled into this course because your service has paid for your training. If this is the case you should be able to start the course without making any payment. Others will need to pay to access this platform. **All of you will need to be logged in to your account (through the 'My Account' button)**. The Foundation Level e-learning as it stands gives you a certificate for 4 hours of Continuous Professional Development (CPD) with the EMCC. To train as a Foundation Level Coach at European Quality Award (EQA) level involves an additional 3 coaching mentoring sessions with EHCAP – see www.alpiri.co.uk for details.
- **'Licence holders'** – this platform is part of the 'train the trainer' offer and will normally be accessed as part of a licence agreement. The platform can be accessed by Lead Practitioners who do not hold a licence but they will not be able to train others in the use of the programme.

We are always keen to improve our offer – [ideas and feedback](#)

Sarah and EHCAP Team

July 2022