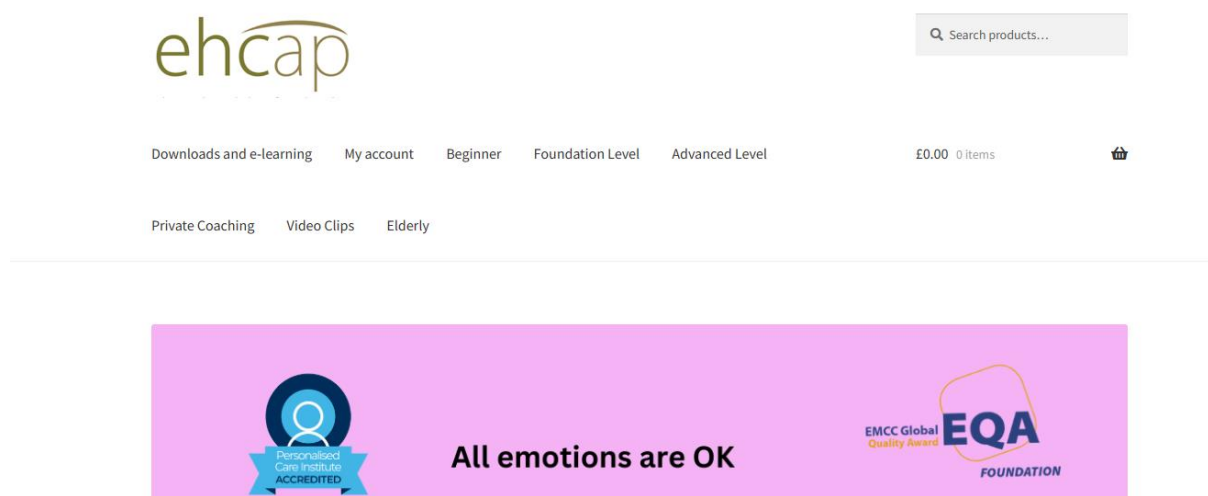


The e-learning that we have created is hosted by WordPress. We have used this platform in order to keep costs to a minimum. However the downside is that it's not always intuitive.

[Click here for commonly asked IT questions once you have accessed the e-learning.](#)

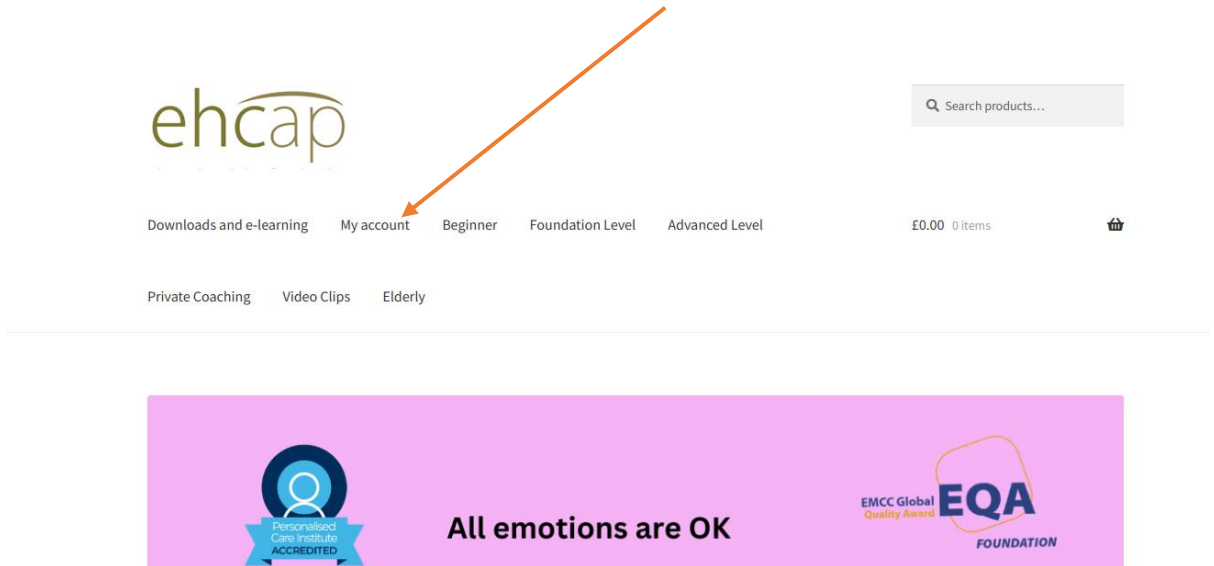
See below for detail about accessing EHCAP's e-learning modules

1. Go to www.mindfulemotioncoaching.co.uk

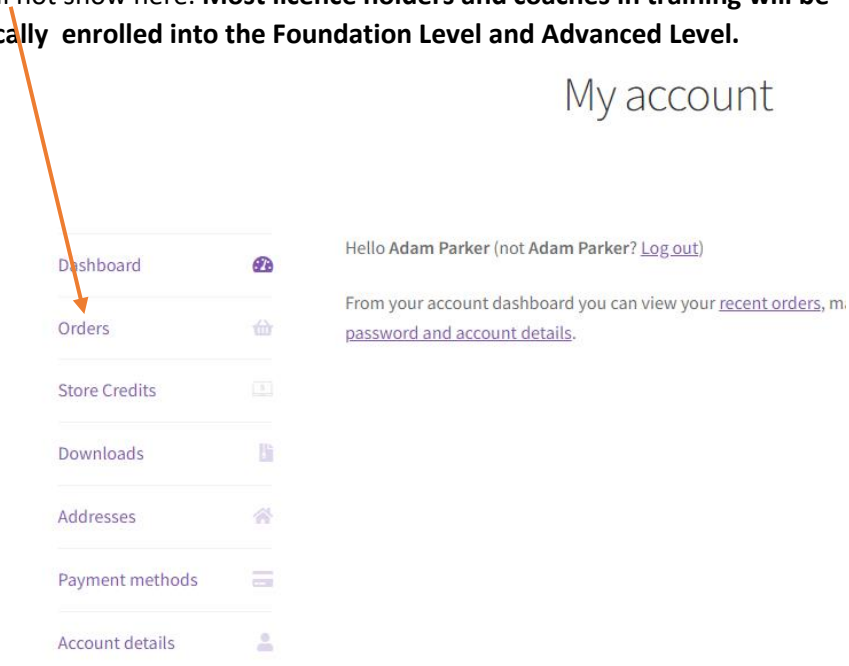


2. Beginner e-learning can be accessed directly from this page by clicking Beginner. Most of you will be training with EHCAP or HOPE and should have received a coupon giving you free access. If you are purchasing access as an individual you will be able to pay with PayPal or by card.
IF you have been automatically enrolled without a payment or coupon you need to log into your account (go to account in the nav bar) before clicking the link for the beginner e-learning.

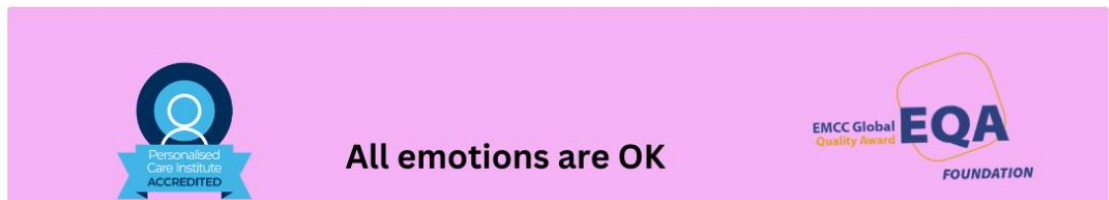
- Other e-learning modules and downloads of the coaching manual as well as 'all emotions are OK' are found by clicking subsequent links from the navbar. If you are paying for materials you can purchase them here. The process is easier if you check that you are logged into your account by clicking My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



- Once logged into your 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 automatically enrolled into by EHCAP will not show here. **Most licence holders and coaches in training will be automatically enrolled into the Foundation Level and Advanced Level.**



5. If you have been automatically 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




6. You should now see a 'Start Learning' button. You do not need to read the detail of everything in the e-learning to access your certificate but you do need to mark each page as completed. Once you have finished you may need to click Complete Course to access your certificate.

★★★★★ 5.00 (5 Ratings)

Foundation Level Mindful Emotion Coaching Programme

Categories: health and wellbeing, wellness

Wishlist Share



Course Progress

0/22 0% Complete

[Start Learning](#)

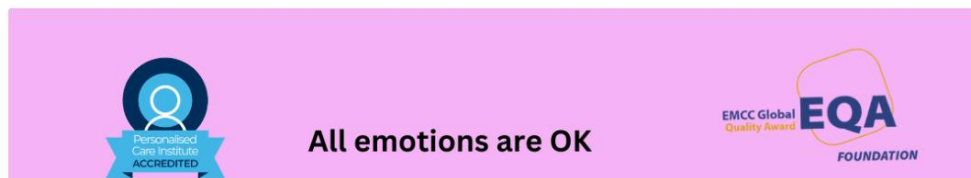
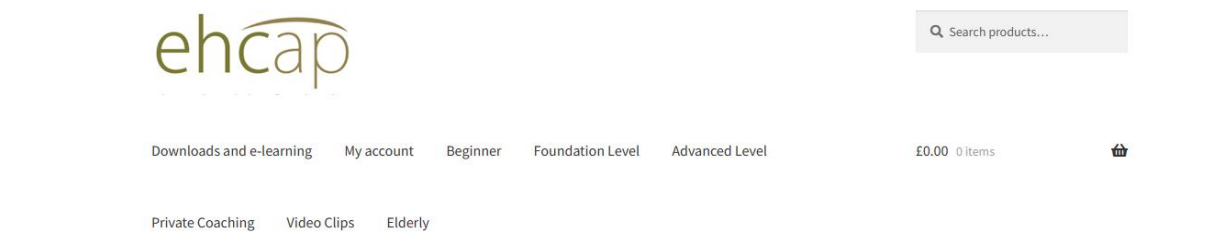
[Complete Course](#)

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

Enrolment validity: Lifetime

[Course Info](#) [Reviews](#) [Announcements](#) [Resources](#)

Navigation Bar explanation:



- **‘downloads and e-learning’**- purchase e-learning modules or downloads of the Mindful Emotion Coaching Manual by clicking this link
- **‘My account’** – click this link to log in to your account and to view your purchases
- **‘Beginner’** – click this link for the 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.
- **‘Advanced’** – this platform is part of the ‘train the trainer’ and team coaching offer and will normally be accessed as part of a licence agreement.



For answers to [Frequently Asked Questions click here](#)

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

Sarah and EHCAP Team

March 2023