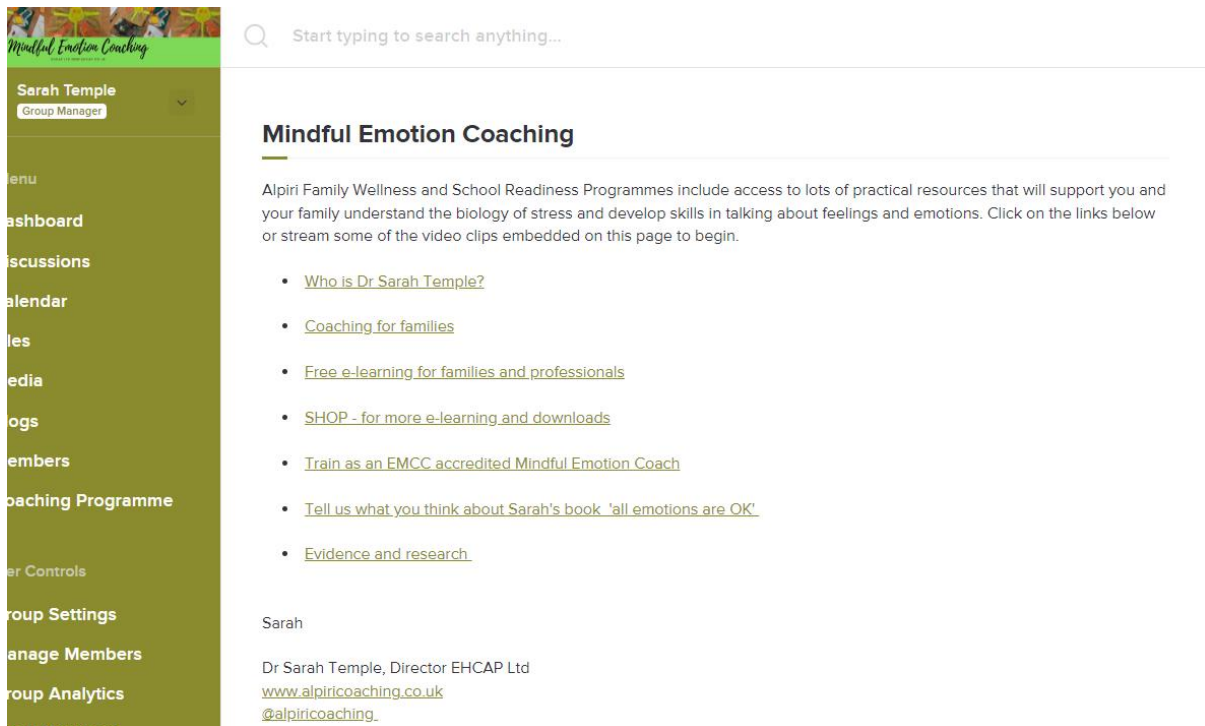


## Accessing EHCAP's e-learning modules

1. Go to [www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)



Mindful Emotion Coaching

Sarah Temple  
Group Manager

Start typing to search anything...

### Mindful Emotion Coaching

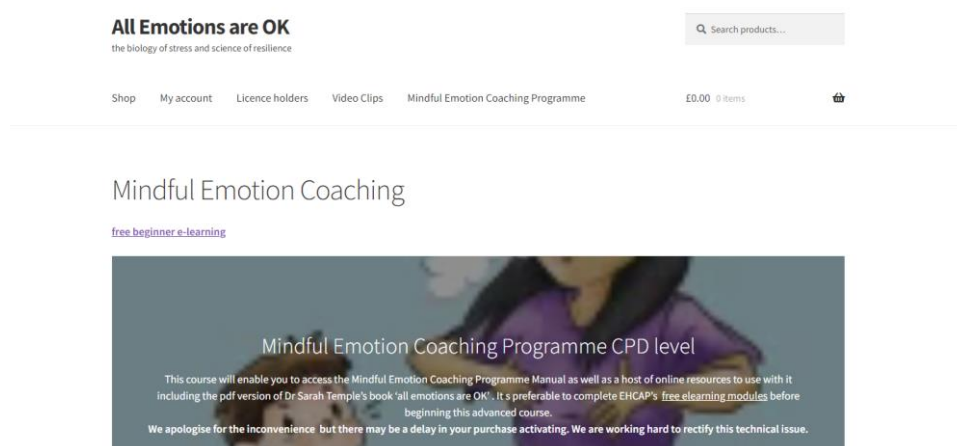
Alpiri Family Wellness and School Readiness Programmes include access to lots of practical resources that will support you and your family understand the biology of stress and develop skills in talking about feelings and emotions. Click on the links below or stream some of the video clips embedded on this page to begin.

- [Who is Dr Sarah Temple?](#)
- [Coaching for families](#)
- [Free e-learning for families and professionals](#)
- [SHOP - for more e-learning and downloads](#)
- [Train as an EMCC accredited Mindful Emotion Coach](#)
- [Tell us what you think about Sarah's book 'all emotions are OK'](#)
- [Evidence and research](#)

Sarah

Dr Sarah Temple, Director EHCAP Ltd  
[www.alpiricoaching.co.uk](http://www.alpiricoaching.co.uk)  
[@alpiricoaching](#)

2. Free e-learning can be accessed directly from this page by clicking the 3<sup>rd</sup> link in the list
3. Other e-learning modules and downloads of the coaching manual as well as 'all emotions are OK' are found by clicking the 4<sup>th</sup> link down
4. This is what you see:



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

Shop My account Licence holders Video Clips Mindful Emotion Coaching Programme £0.00 0 items

### Mindful Emotion Coaching

[free beginner e-learning](#)

Mindful Emotion Coaching Programme CPD level

This course will enable you to access the Mindful Emotion Coaching Programme Manual as well as a host of online resources to use with it including the pdf version of Dr Sarah Temple's book 'all emotions are OK'. It's preferable to complete EHCAP's [free e-learning modules](#) before beginning this advanced course.

We apologise for the inconvenience but there may be a delay in your purchase activating. We are working hard to rectify this technical issue.

From this page you can link to:

- **free beginner e-learning for families and professionals**- this platform contains most of the content of the 'all emotions are OK' training webinars
- **extra video clips**- again free access to clips we have found helpful over the years
- **CPD (European Mentoring and Coaching Council approved) level e-learning** – this contains the materials for the Mindful Emotion Coaching Programme and has a lot more information about Adverse Childhood Experience research. There is a cost to access this platform. To train as a Foundation Level Coach involves a minimum of 3 coaching supervision sessions with EHCAP – see [www.alpiri.co.uk](http://www.alpiri.co.uk) for details.
- **Licence holders and Lead Practitioners** – 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.
- **Shop**- purchase e-learning modules or downloads of the 'all emotions are ok' book or Mindful Emotion Coaching Manual
- **Account**- if you have already placed an order (by making a payment or using a coupon) you will be able to view your items here.
- **Manual enrolment** - If you have been manually enrolled into a course but it doesn't link up when you click into it, try going to 'my account' and signing in first. Now click the link for the programme

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

Sarah and EHCAP Team

March 2022