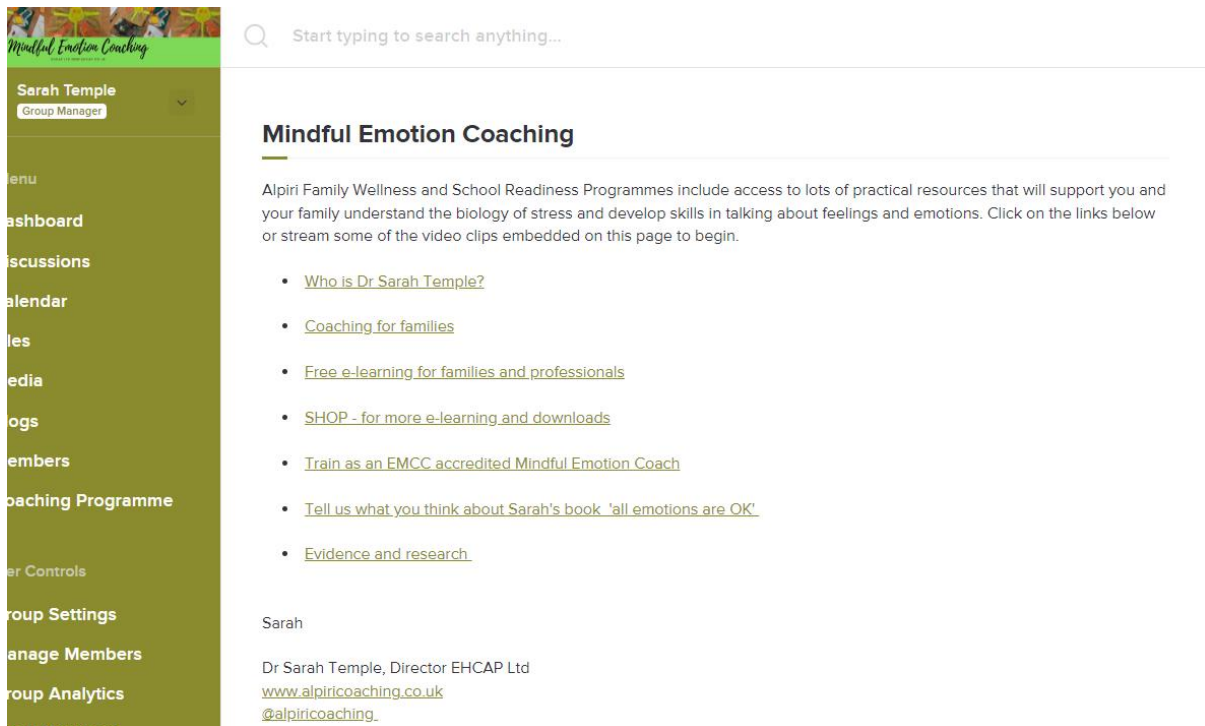


Accessing EHCAP's e-learning modules

1. Go to www.mindfulemotioncoaching.co.uk



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
[@alpiricoaching](#)

2. Free e-learning can be accessed directly from this page by clicking the 3rd 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.
3. Other e-learning modules and downloads of the coaching manual as well as 'all emotions are OK' are found by clicking the 4th link down. **IF YOU HAVE ALREADY GOT AN ACCOUNT (USUALLY CREATED WHEN YOU ACCESS THE FREE E-LEARNING) YOU WILL NEED TO MAKE SURE YOU ARE LOGGED INTO IT BEFORE YOU GO ANY FURTHER. TO DO THIS CLICK ON 'MY ACCOUNT' AND LOG IN WITH THE SAME LOG IN DETAILS THAT YOU USED FOR THE FREE E-LEARNING.**
4. If you have completed the free e-learning and your organisation has already paid for the Foundation Level Mindful Emotion Coaching Programme or 'Train the Trainer make sure

you are logged into your account and then click the 4th link down 'SHOP- for more e-learning and downloads'.

5. This is what you see when you click 'SHOP- for more e-learning and downloads':

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

Search products...

Shop My account Free Foundation Level Video Clips Licence holders £0.00 0 items

Mindful Emotion Coaching e-learning

[free beginner e-learning](#)

From the navigation bar at the top of this web page you can link to:

- **'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 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.

Trouble Shooting

- **Manual enrolment** - If you have been manually enrolled into a course (this will happen when your service has paid for your training) 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