

## Accessing EHCAP's e-learning modules

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

The screenshot shows the website dashboard for 'Mindful Emotion Coaching'. On the left is a green sidebar menu with options like 'Dashboard', 'Discussions', 'Calendar', 'Files', 'Media', 'Blogs', 'Members', 'Coaching Programme', and 'Manager Controls'. The main content area is titled 'Mindful Emotion Coaching' and contains a search bar, a list of links (e.g., 'Who is Dr Sarah Temple?', 'Coaching for families'), and contact information for Dr Sarah Temple. On the right, there are sections for 'Media Gallery Spotlight' featuring a book cover 'all emotions are OK' and 'Somerset parents share stories' with a video thumbnail of a woman.

2. and then click the link for e-learning modules which takes you to this page:

The screenshot shows the product page for 'All Emotions are OK'. The title is 'All Emotions are OK' with the subtitle 'the biology of stress and science of resilience'. Below the title is a navigation bar with links for 'Shop', 'My account', 'Licence holders', 'Video Clips', and 'Mindful Emotion Coaching Programme'. The main content area is titled 'Mindful Emotion Coaching' and features a link for 'free beginner e-learning'. A large banner image shows a woman and a child, with text for 'Mindful Emotion Coaching Programme CPD level'. Below the banner, there is a paragraph explaining the course content and a note about a technical issue: '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.alpiricoaching.co.uk](http://www.alpiricoaching.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.

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

Sarah and EHCAP Team

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