

Emotion Coaching



What is emotion coaching?

In recent years a huge stride forwards has been made in terms of understanding the life-course impact of childhood trauma, of ACEs (Adverse Childhood Experiences) and of disadvantage and neglect.

The next step is to turn understanding into informed and effective front-line practice.

Emotion Coaching is an attachment-based tool that **helps young people to self-regulate and manage their own emotions** by developing emotional self-awareness and nurturing relationships in teams around them. If, because of emotion coaching, young people become more responsive to help, support and guidance through better emotional self-regulation, the impact will be measurable beyond the programme: in this regard, **emotion coaching can be perceived by service leaders as a gateway intervention.**

Our coaches, trained by the founders of Emotion Coaching UK using an evidence-based model of theory and practice, work with schools and settings to embed a whole-setting approach to the principles of Emotion Coaching. Emotion Coaching UK supports our approach and much of the material used has been used with their kind permission.

Why do we need this?

All too often a lack of self-control leads to young people, already in difficulties, to make things worse for themselves. Be it in the community, within families, in the court system or within secure estate settings, emotional flare-ups and disproportionately aggressive and volatile behaviours result in situations escalating rapidly out of control.

We now know from some of the latest brain research how early childhood experiences shape the developing brain, and how disproportionately aggressive and volatile behaviour has its roots in early childhood trauma: **progress in school can be severely compromised** even if “teaching” is judged outstanding: *an anxious, frightened or angry mind will not learn.*



Research has shown that Emotion Coaching enables adults as well to understand their *own* emotional responses and communicate more effectively and consistently with children about their emotions, particularly in emotionally charged situations, leading to a reduction in stress and an increase in wellbeing and readiness to learn.

Emotion Coaching can have a profound impact on the life chances of these young people, particularly due to the impact Covid-10 lockdown has had on their lives.

What impact?

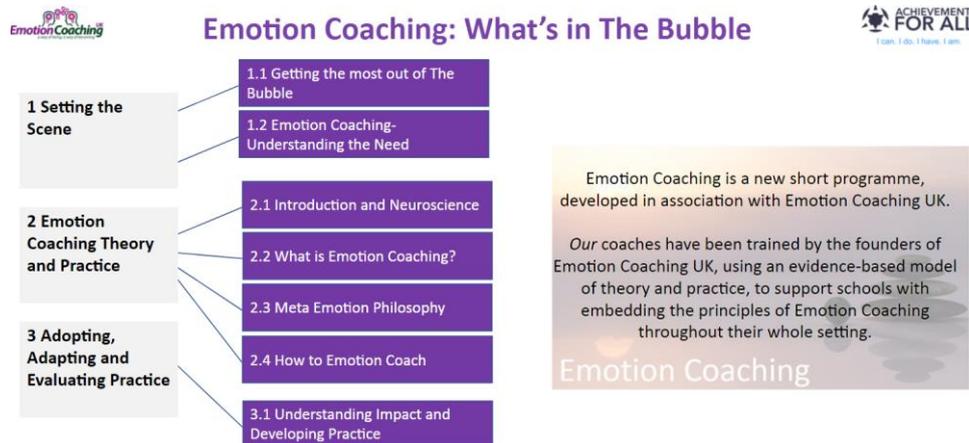
Emotion coached children:

- **Are more emotionally stable**
- **Are more resilient**
- **Achieve more academically**
- **Are more popular**
- **Have fewer behavioural problems**
- **Have greater resistance to disease and illness.**

The impact on adults is also compelling:

- **Improved staff wellbeing as evidenced by a decrease in staff absence**
- **Improved family life for children and their families**
- **Improved teacher reactions and response to pupil emotions**
- **Improved school staff self-regulation which supports positive interactions with pupils**
- **Increased sense of practice competency and setting ethos**

Content description



Module Unit1 (Core) - Understanding the need:

The first module sets the scene for the whole programme and starts with a thorough review to gauge where your setting is and where it needs to move to next to fully implement a whole school approach, from awareness and acceptance that emotions directly affect learning all the way through to adopting, adapting and sustaining Emotion Coaching whole school.

The review looks at strategic leadership, governance, leadership and management by a school champion, staff performance, quality of practice, self-awareness in staff, pupil progress, use of support staff, parent/carer engagement, learner participation and relationships. Our coach then works with an identified School Champion to plan and implement the programme, supported by online resources in The Bubble – see above for programme map

Module Unit 2 (Core) - Introduction and Neuroscience:

The second module critically explores recent neuroscientific evidence and builds the case for a whole school approach to nurturing an empathetic rather than punitive approach to managing challenging behaviour, including an introduction to the anatomy and physiology of the brain, brain development and the impact of stress in relation to our emotional responses.

Module Unit 3 (Core) - What is emotion coaching?:

The third module gives education professionals an insight into the principles of the approach and the impact of different response styles on child development

Module Unit 4 (Core) - Meta emotion philosophy:

The fourth module gives us an opportunity to look at our own experiences and emotional responses and the impact they have on those around us.

Module Unit 5 (Core) - How to emotion coach:

The fifth module is a practical journey exploring how to emotion coach with role play, coaching activities and tools designed to turn understanding of the research into practice and to support the embedding of Emotion Coaching principles throughout the whole school community.

Module 6 (Extension) - Understanding the impact:

This module is dedicated to those wanting coach support to evaluate the difference that implementing Emotion Coaching has made to the setting. Our Coach will support staff to implement and fine tune their approaches to Emotion Coaching. Our coach will conduct learning walks, capture and review baseline and progress behaviour and exclusion data, facilitate teacher/parent/child interviews *through an Emotion Coaching approach* and capture a case study of good practice to communicate the value of the approach both internally and externally. Impact will contribute to growing the evidence base around Emotion Coaching in schools in partnership with Emotion Coaching UK.

To find out more please contact us: <https://afaeducation.org/get-in-touch/>