



Emotion Coaching: Understanding and Managing Emotions

Telford and Wrekin Educational Psychology Service

Have you ever wondered how to respond to your child when they are experiencing BIG emotions?

Emotional outbursts in childhood are extremely common and can sometimes present as “difficult” or “challenging” behaviour. Behind every behaviour, there is an underlying emotional need. In order to lead healthy, fulfilled lives, we need to teach our children how to identify and manage their emotions, as well as develop resilience during difficult circumstances.

In this 1 hour 30 minute workshop, Educational and Child Psychologist, Dr Kate Jobson, will explain how to understand and respond to your child’s emotions. The workshop will cover:

- Child brain development
- Behaviour as communication
- The function of emotions and how they develop
- How to “coach” our children when they are experiencing strong emotions

An Educational Psychologist (EP) works with young people (0—25), families, and schools to support their learning and wellbeing. EPs are trained in many aspects of psychology and have a diverse understanding of how children and young people develop. EPs use psychology to help young people and families understand their situations and how to move forward. If you would like more information about EPs or Telford and Wrekin’s Educational Psychology Service, please feel free visit our website: www.telfordeducationservices.co.uk/educationalpsychologyservice

The workshop will take place at Randlay Primary School on Tuesday 11th November.

If you would like to attend please complete the following link <https://forms.office.com/e/Vt24espwjg>