

**BOLTON METROPOLITAN BOROUGH
ST MARY'S CE PRIMARY SCHOOL DEANE**

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EMOTION COACHING PARENT WORKSHOPS

Wednesday 20th March 2024 at 9.15am and Wednesday 24th April at 9.15am

We are running training for parents/carers on Emotion Coaching. The sessions will be led by our Educational Psychologist, Jacqui Duckham.

Emotion coaching is an effective approach to supporting children to become more aware of their feelings and manage moments of heightened emotion and resulting behaviour. It guides and teaches children about more effective responses.

These two sessions will provide parents/carers with a structured approach, giving you confidence to manage your children's emotions and behaviour.

By the end of the two sessions, we will have covered:

- How to support your children to identify and express their emotions in a positive way
- The stages of emotion coaching
- How emotion coaching works in relation to our brains and our bodies

If you are interested in attending the two sessions, please contact the school office who will book a place for you.

Places will be allocated on a first come, first served basis.

In order for the sessions to run smoothly and due to the content being discussed, we are unable to accommodate young children or babies in the sessions.



2021-2024