

We are delighted to announce that we have released our new course **Emotion Coaching: A Relationship Approach to Managing Behaviour**. This has been written for us by **Lisa Cherry** who brings over 25 years of working in Educational and Social Care settings and her own experiences of being in care and all that that brought with it.

As well as our online course, Lisa is also available to deliver Face-to-Face training to your organisation. Her inspiring training holds people's attention and She has built a reputation for delivering transformational training and engaging participants imaginatively in the world of the traumatised child.

The course covers the theory, research and concepts of Emotion coaching and how to use Emotion Coaching within the school environment by following a five step approach. This technique helps educators to develop effective behavioural strategies to help children and young people to manage their feelings.

Here are some example pages from the course:

**What is emotion coaching?**

**Emotion coaching:**

- Creates a space for relationships to heal on the three levels shown.
- Helps the teacher to stay calm and manage their own stress in a way that means that they are not repeating themselves.

**Emotion Coaching is NOT:**

- Something which adds to a person's stress.
- A quick fix
- A substitute for therapy
- A soft option on behaviour
- Something that works every time.

Click on top each support level title to learn more.



**How did Mrs Mason handle Maya?**

How useful do you think Mrs Mason's approach was in handling Maya's lateness?

Select one option, then click Submit.

- Very useful - she clearly told Maya how she felt
- A little useful - she shouldn't have interrupted Maya
- Not useful at all - nothing was resolved



**Theory, research, concepts map**

**Adverse Childhood Experiences (ACE) Study**





**Key point**

Childhood experiences are connected to our current health and behaviours.

US and Welsh studies both found that the more troubled your childhood has been, the more likely you will have health challenges as an adult.

You can take the ACE quiz to find your score.

**Extra resources and activities**

-  [ACE Study Summary](#) (2 page PDF - also in Resources)
-  [US ACE study](#) (140 page PDF - also in Resources)
-  See Resources for Welsh and Northants ACE studies
-  Take the [ACE Questionnaire](#) and discover your score. (5 minute quick quiz)

If you would like to view the course we can arrange guest access for you, just email me on [karen.beach@ac-education.co.uk](mailto:karen.beach@ac-education.co.uk) to arrange or call us on 01923 850408.

With best wishes,

Karen

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