

EMOTION COACHING WORKSHOP FOR PARENTS/CARERS

Thursday 27th February 2025

at 9.15am until 10.30am

At Burlington Junior School

We would like to invite you to join us and share with you valuable emotion coaching skills for you to use with your children.

Emotion coaching originated as a parenting strategy, which is why we felt that our parent community would benefit from knowing more about it.

We hope you are able to join us

Emotion
Coached
children
are better
able to...

Control their impulses

Delay gratification

Self-soothe when they become upset

Pay attention

Show increased motivation

Read the emotions in themselves and others

Put problems and experience into perspective

Cope when things don't go their way