



Emotion Coaching



Responding in the Moment

A Workshop available to all Nottinghamshire families of children who were previously in care

Emotion Coaching is a relational approach which develops internal regulation and promotes healthy brain development while responding to behaviour in the moment.

We are excited to offer three individual workshops for parents and carers of children in Primary, Secondary or Early Years Settings, delivered by the Educational Psychology Service in partnership with, and commissioned by, our Virtual School.

This explores how children understand their emotions and what can happen when their emotions become overwhelming for them. We will introduce Emotion Coaching so that families can use this as a tool to teach and support children and young people in understanding and managing their emotions.



Primary- Responding in the Moment

21st November 2024

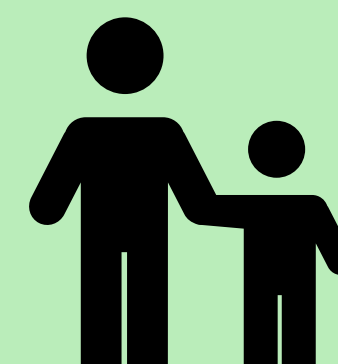
Book [here](#)



Secondary- Responding in the Moment- Understanding the teenage brain

6th March 2025

Book [here](#)



Early Years- Birth to the end of Key Stage 1- Responding in the Moment- Theraplay Focus

8th May 2025

Book [here](#)



9:30am - 2:30pm

Edwinstowe House, High Street,
Edwinstowe, Nottinghamshire,
NG21, 9PR



Lunch will be provided for free!



For More Information, Contact Us:



0115 977 4747



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Virtual School Training

