

An Introduction to Emotion Coaching

Course Aims

This course aims to give an introduction to Emotion Coaching for all school staff and associated professionals.

Course Details

Emotion Coaching has been found to help children regulate, improve and take ownership of their behaviour as well as better understand their emotions. The course will cover the following areas

- Meta-emotional awareness: the impact of our own emotions on how we respond to situations.
- The function of behaviour we see in school.
- Different emotions and the functions they serve.
- The evidence for Emotion Coaching.
- The theoretical basis of Emotion Coaching & how to use Emotion Coaching.
- Practical approaches and tools you can use.

Staff Outcomes

- Have an awareness of the theoretical basis for Emotion Coaching.
- Have an understanding of the different 'emotional styles' relevant to Emotion Coaching.
- Have had the opportunity to reflect on own emotional responses.
- Understand how these emotional responses are key to working with children and young people.
- Be able to use a range of techniques enabling you to 'Emotion Coach'.

Who is this course for?

School staff and education professionals working with Children and Young People.

Course Cost: £110

When & Where?

9am – 3pm

Date: 03.12.2026

The Pavilion
Hatherley Lane
Cheltenham
GL51 6PN

How to Book

Email: STEPS@gloucestershire.gov.uk