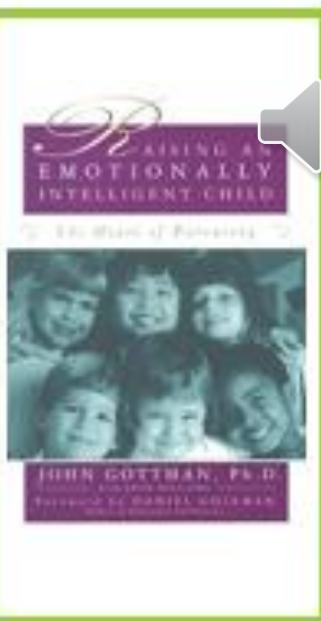
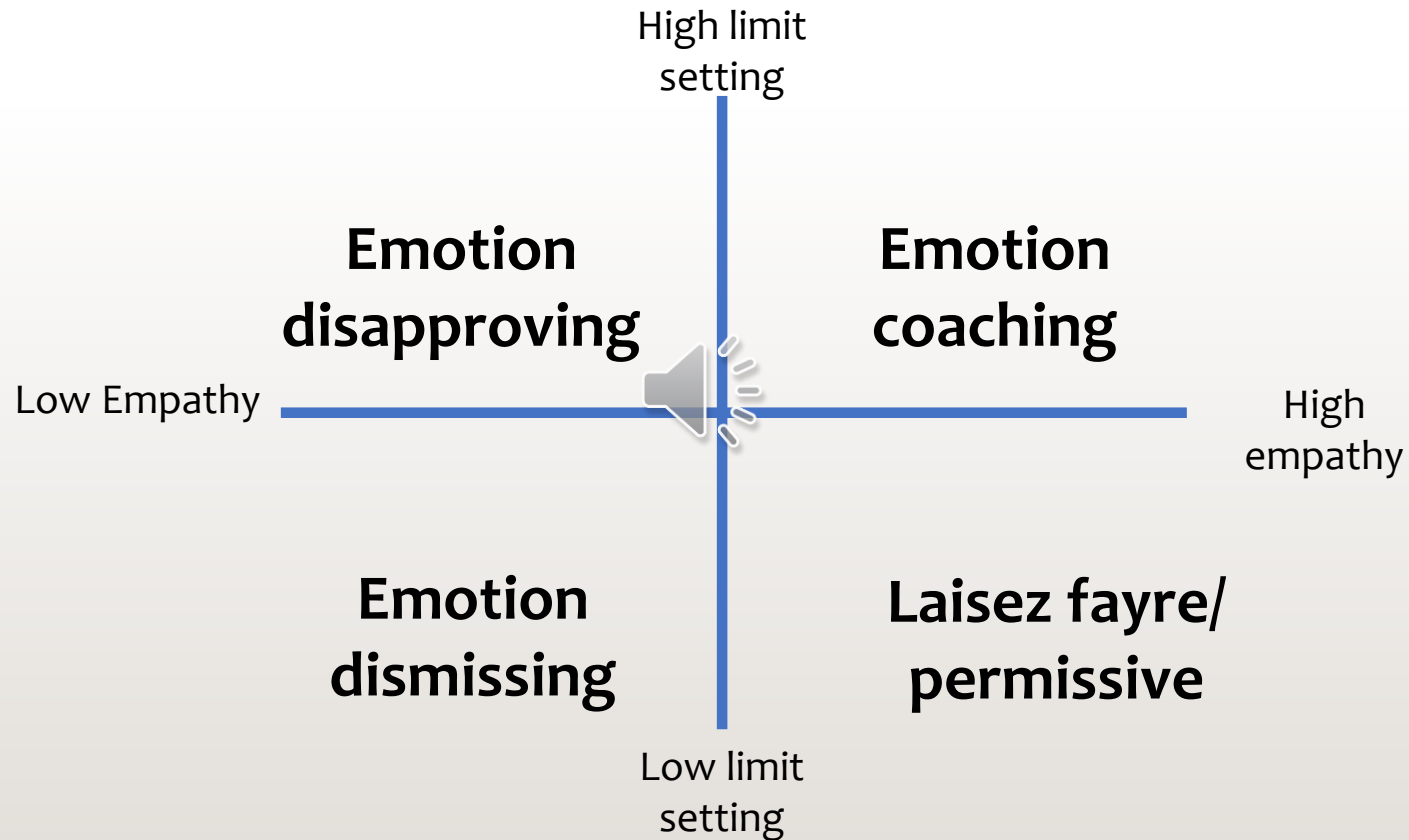


TGI



Emotion Coaching

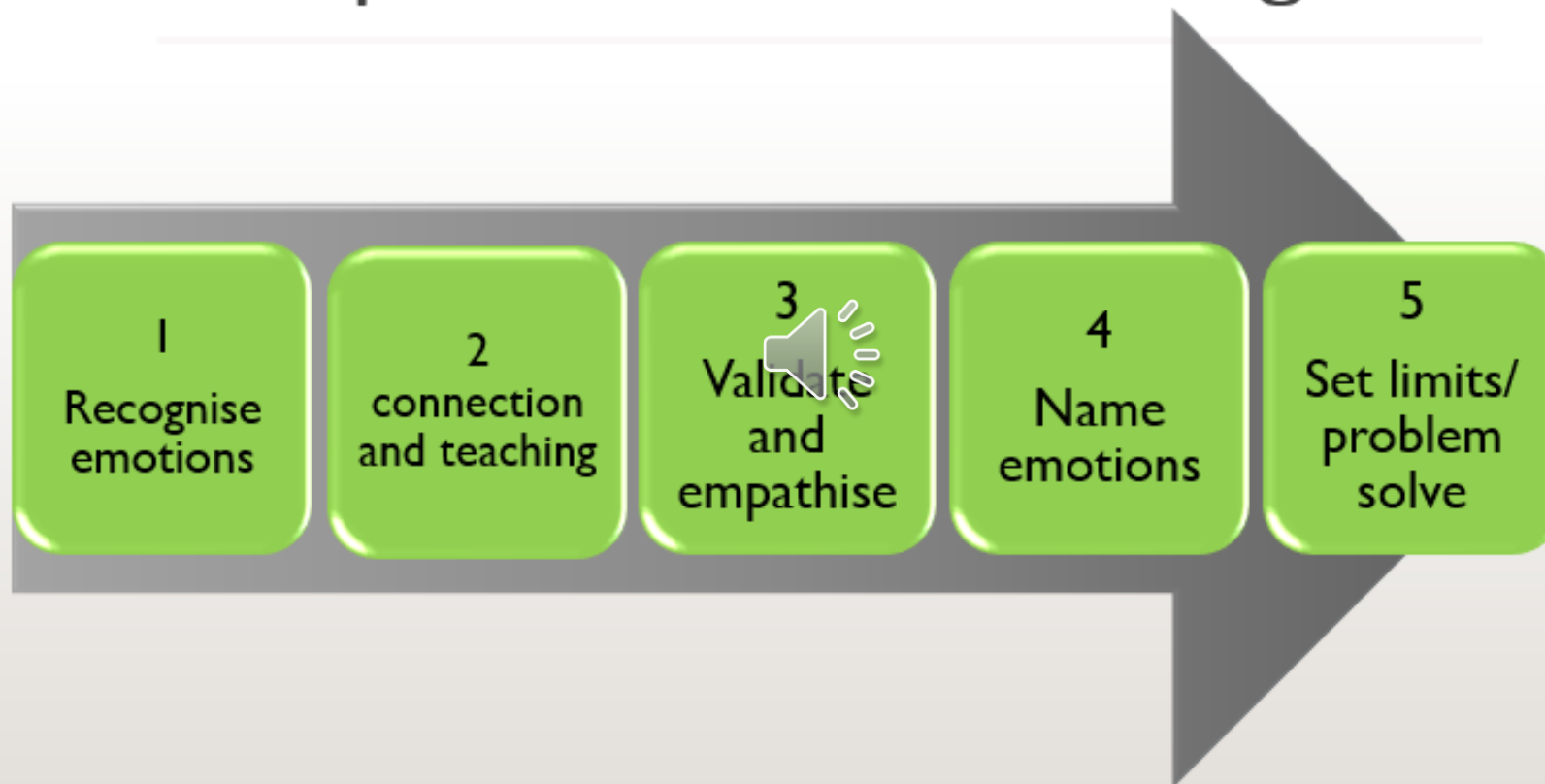
LEICESTERSHIRE
EDUCATIONAL
PSYCHOLOGY SERVICE



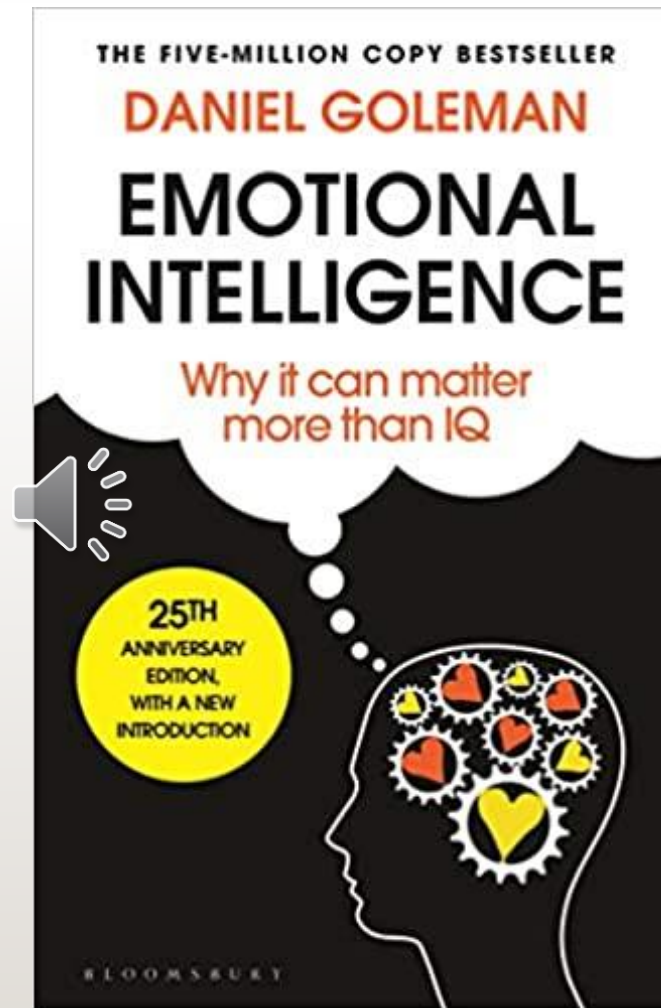
Connection Before Correction



The 5 Steps to Emotion Coaching



Step 1: Recognising emotions



Step 2:
Recognise
emotions as an
opportunity for
connection and
teaching



Step 3: Validate and empathise

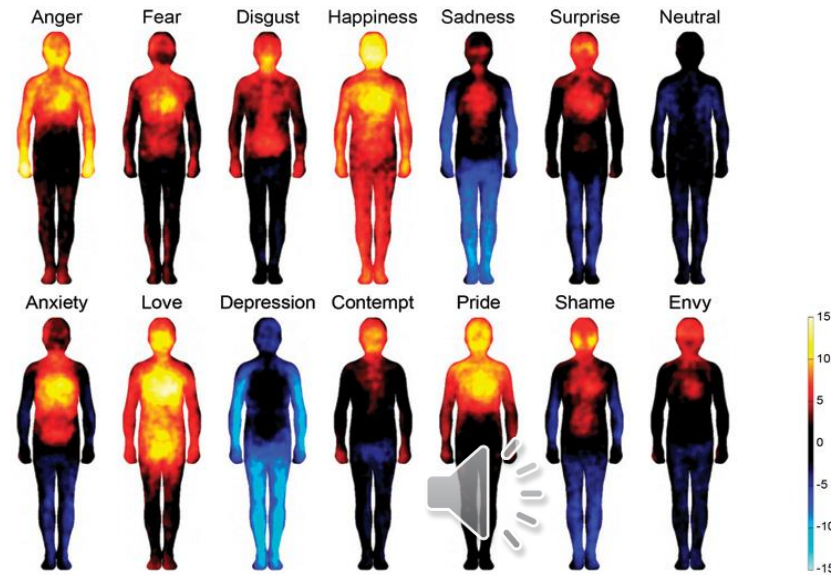


Charlie: 'It's not fair!'

Mr Nash: 'You feel that you had a reason'

Mr Nash: 'I can see you feel frustrated'

Step 4: Name and label emotions



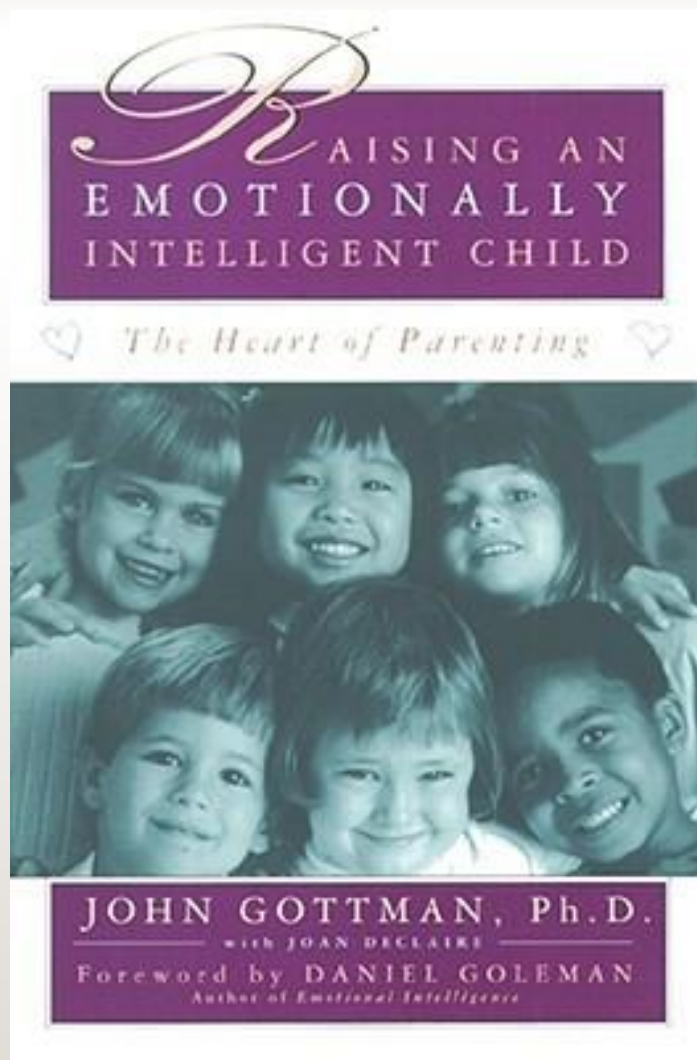
I Wonder if you are
feeling

Step 5: Set
limits and
facilitate
problem solving



ALL FEELINGS AND WISHES
ARE VALID...BUT NOT ALL
BEHAVIOURS ARE.

- DR HAIM GINNOT



WHEN THE
ADULTS
CHANGE
EVERYTHING
CHANGES PAUL DIX
SEISMIC SHIFTS IN SCHOOL BEHAVIOUR