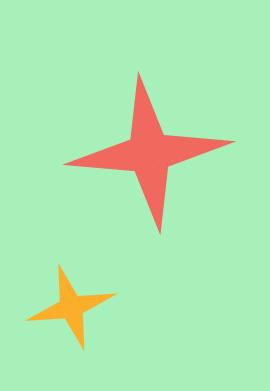


Emotion Coaching









Notts EPS







This is the first of three workshops. This will focus on thinking about how children and young people understand emotions and what can happen when emotional dysregulation occurs. Before introducing the Emotion Coaching intervention so that families can use this as a tool to teach and support children and young people in understanding and managing their emotions.



9:30am - 3pm



9:30am - 12.30pm = Workshop 12:30-1pm = Lunch 1-3pm = Peer group supervision



Edwinstowe House, High Street
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