

FREE TRAINING AND AN EXCITING OPPORTUNITY TO PROMOTE CHILDREN AND YOUNG PEOPLE'S EMOTIONAL HEALTH AND RESILIENCE

We are writing to you about the exciting opportunity to participate in the free Emotional Health and Resilience Training commissioned by the Somerset Children and Young People Health and Well-being Programme. You may have received an initial email from Fiona Moir about this. This is a programme of training and support for 100 staff in schools, colleges, Getset and other services across Somerset to help us all work together to improve the emotional health and resilience of children, young people and their families. A recent Somerset survey cited mental health as the single biggest issue affecting learning and achievement.

We are very excited about the prospect of working with you and hope you will join the programme. Bath Spa University is working in partnership with EHCAP – a Somerset based social enterprise. We will be providing Mindful Emotion Coaching Training, which is based on Bath Spa's Attachment Aware Schools Programme and the work of John Gottman in the States.. We will work together to train 20 champions in each of the five districts to take on leadership roles within their own organisations. The programme will be linked across services working with professionals and young people to increase everyone's understanding of emotional health and wellbeing and to enable a better appreciation of when and how to refer on for help. Dr Janet Rose (from Bath Spa) and Dr Sarah Temple (Director of EHCAP) will be leading the project.

We will be holding a **launch event** on **February 6th 2015 from 1:00pm – 3.30pm at Yeovil College** to which you are warmly invited. This event will provide you with an opportunity to meet the team and other participants and to find out more about the project.

To register for your place at the event, please click on the following link:

<http://www.cypsomersethealth.org/index.php?page=events&id=89>

The Project Administrator is Annabelle Hoyle and you can contact her for any queries or further information via a.hoyle@bathspa.ac.uk.

For more information about emotion coaching and the project please refer to the following website: <http://www.emotioncoaching.co.uk/>

We very much hope that you will join us in this exciting project and look forward to hearing from you.

Kind Regards

Dr Sarah Temple, Dr Janet Rose and Annabelle Hoyle

