

## **Mindful Emotion Coaching in Somerset – commissioned on an Outcomes Framework**

Public Health, Somerset County Council have commissioned [EHCAP and Bath Spa University](#) to train 100 of the children and young people's services staff across the county to understand and cascade the principles of Mindful Emotion Coaching within their organisations. A minimum of 60% of the champions we are training are schools based and we also have Get Set , Social Care , CAMHS, Voluntary Sector , SEN team, Youth Workers, Social Housing and Primary Care involved. The overarching outcome we are working toward is to ensure that all people who work regularly with children and young people are well equipped to understand and respond appropriately to the emotional needs of children and young people.

### **What impact might this project have?**

A growing research base at Bath Spa University and from around the world, such as

The [Tuning into Kids programme in Australia](#), demonstrates the positive impact of Mindful Emotion Coaching on children's social development, progress and emotional health. [Professor John Gottman's research](#) has shown that emotion coached children:

- Achieve more academically in school
- Are more popular
- Have fewer behavioural problems
- Are more emotionally stable
- Are more resilient

The Project is working with a network of supportive adults, who together can help to empower children and young people to build a repertoire of internal and external socio-emotional regulatory skills. It is also helping to address the concern about emotional health and wellbeing highlighted by the recent Somerset Children and Young People Survey (SCYPS). The work resonates with the recent report by Public Health England (2014) which showed that:

- Pupils with better health and wellbeing are likely to achieve better academically
- Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement
- The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn

To find out more contact Dr Sarah Temple by email [sarah@ehcap.co.uk](mailto:sarah@ehcap.co.uk) or browse the links on [www.emotioncoaching.co.uk](http://www.emotioncoaching.co.uk)