

Emotion Coaching County Wide Network Meeting

at

Monks Yard, Ilminster

12.45 pm Wednesday 25th May

13.00 Welcome by Sam Speed

**Focus for today : Sharing learning. Developing Cascading Skills.
Networking and Supporting Each Other**

13.10 – WARM UP EXERCISE – MINDFULNESS 10 MINS WITH HEADSPACE

13.25 – REVIEW HOME ACTIVITY – Catch Up Time- Kayleigh Partt

Examples of using Emotion Coaching. Examples of Cascading

14.00 - Presentation - Clare Wilson and Sharron Ricketts–

Mindful Emotion Coaching including Meta Emotion and

Dan Siegel's Hand Model.

15.00 pm – TEA BREAK

**15.20 pm – Training and Evaluation Materials : Nicky Barratt,
Karen leafe, Andy leafe, Clare Wilson, Sharron Ricketts, Becca
O'Mahony, Antoinette, Felicia, Dan Hartley**

sharing where we are. practical hands on working with Emotion Coaching

16.15 - Brain storming – Sarah Temple

16.30 HOME

Contact : Sam Speed emotioncoachingbysam@gmail.com

www.emotioncoachingsomerset.co.uk

For those of you joining us at the BASPCAN funded safeguarding meeting at 10am please contact Sarah Temple to book a place and buffet lunch