

Emotion Coaching County Network meeting



Welcome

Domestics:

- Toilets
- Refreshments
- Fire Exits
- Planned Fire Drills

Introductions

- Dr Sarah Temple
- Kayleigh Parrt
- Sam Speed

Agenda for today

13:10 - Warm Up exercise

13:25 - Review Home Activity with
Kayleigh Partt

14:00 - Presentation on Mindful
Emotion Coaching with Clare Wilson and
Sharron Ricketts

Agenda for today continued...

15:00 - Break

15:20 - Training Materials with
Nicky Barratt, Karen Leafe,
Andy Leafe & Clare Wilson
Evaluation and Case Studies-
Antoinette

16:15 - Brain Storming with

Warm Up Exercise

Mindfulness

10 minutes with

Headspace



Review Home Activity

Catch Up Time

With Kayleigh Partt

Mindful Emotion Coaching

With

Clare Wilson

&

Sharron Ricketts

Break



**Training Materials
or
Evaluation/ Case Studies**

With

**Nicky Barratt, Karen Leafe,
Andy Leafe & Clare Wilson**

or

Antoinette Davey

Brain Storming

With

Dr Sarah Temple

Thank you

