



Mindful Emotion Coaching

Dr Sarah Temple MRCGP

Alpiri™



www.emotioncoaching.co.uk





Our Alpiri™ Vision

‘To increase awareness in schools and communities of the importance of responsive relationships for normal human development from pregnancy through infancy and into mid twenties’

Key Evidence : [Three Principles to Improve Outcomes for Children and Families](#)

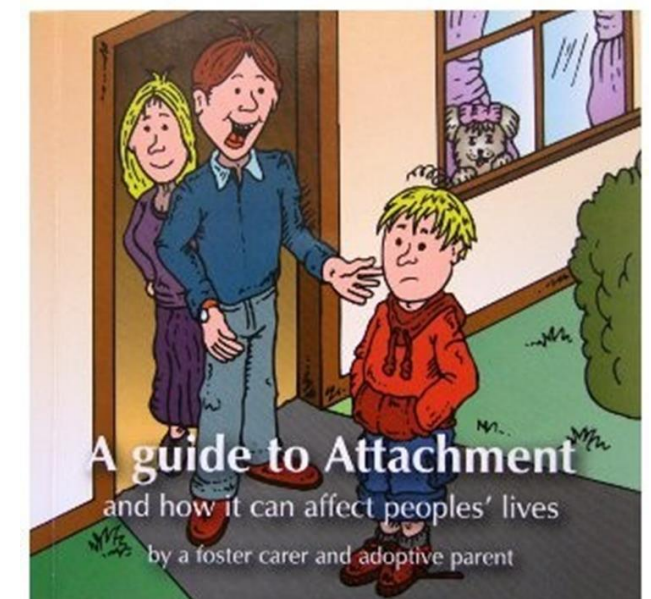
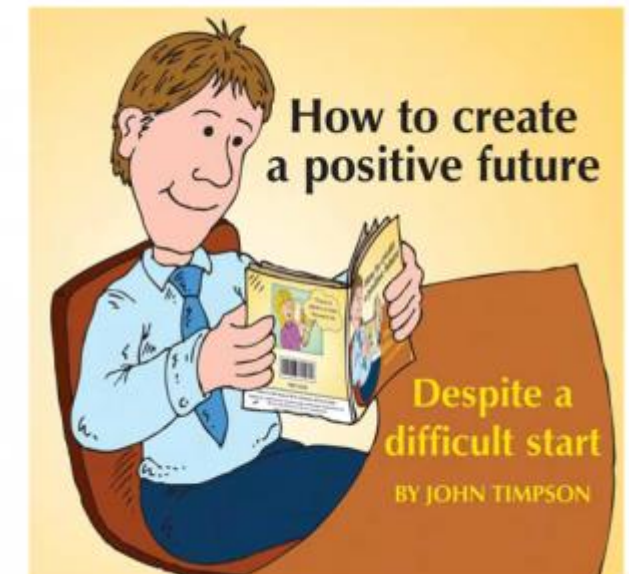
Center on the Developing Child, Harvard University

‘When adults model responsive relationships, the benefits come full circle, ultimately helping children become healthy, responsive parents themselves’ Professor Jack Shonkoff

What we do

Our Facilitators

- share information in a way that is easy to understand and easy to apply
- encourage and support application of this knowledge in the learner's home and work environment with easy to use psycho education tools eg Dan Siegel's Hand Model and John Gottman's Emotion Coaching
- support cascading with access to on line resources and coaching (by video link or face to face)



Core Principles of our Training

- **responsive relationships and positive experiences build sturdy brain architecture** and promote healthy development, starting before birth and during infancy
- toxic stress disrupts the developing brain and other biological systems with lifelong consequences for learning, behaviour and health (more likely to have heart disease, diabetes, hypertension, addiction)
- the **foundations of resilience can be strengthened in young children through reciprocal 'serve and return' interactions** that scaffold the life skills of self-regulation, emotion regulation and executive function

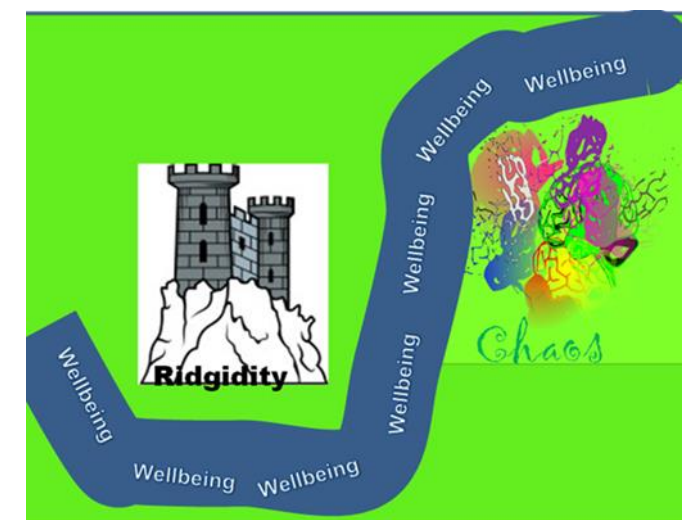
Core Principles of our Training

As adults around children in schools and communities we have the opportunity to model responsive relationships and scaffold life skills and to identify toxic stress (safeguarding).

By paying attention to our own emotion regulation we improve our own wellbeing and model responsive relationships

How do we build these skills?

- The Hand Model metaphor
- Mindful Exercises
- Emotion Coaching and Tuning in to Kids
- Family of Origin Exercise
- Free On Line Resources and Newsletter
- Coaching, Counselling and Supervision





The [Somerset Emotion Coaching Project](#) was commissioned by Somerset County Council (Public Health) in January 2015 and is on going.

EHCAP Ltd and Somerset County Council host training for staff to run [Tuning in to Kids and Tuning in to Teens](#) Parent Support Groups.

The School Health and Resilience in Education Project (SHARE) was commissioned by Somerset Clinical Commissioning Group in April 2017. The web address is www.sharesomerset.co.uk and the lead is Emma Davey.



Feedback and FAQ

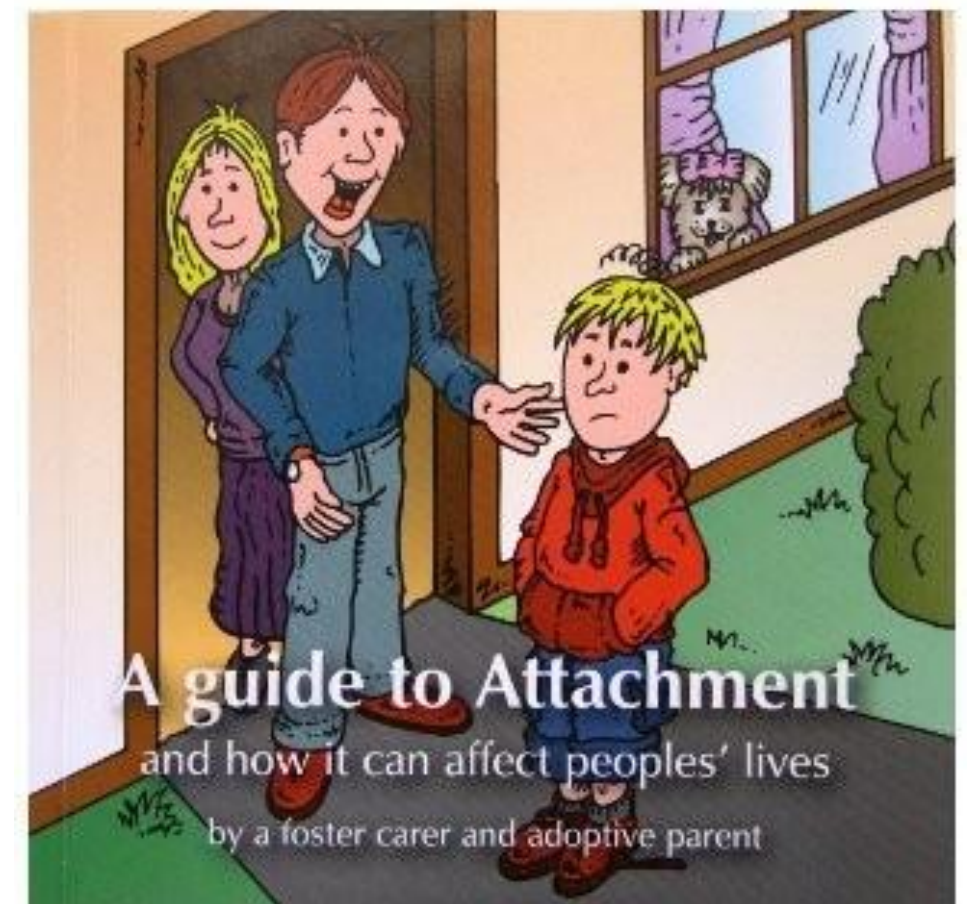
Feedback from schools and communities is that they 'get it' and **want to know what they can do** differently to make a difference

FAQs

'how do we know whether this child has attachment difficulties or ADHD?

'how can we support children on the waiting list for CAMHS or who don't reach the CAMHS threshold?'

www.ehcap.co.uk/news/safety-plan



Mindful Exercises

Schools across Somerset are using Mindful Exercises with Young People – including the Just Breathe Video

www.emotioncoaching.co.uk



Coaching, consultancy and training

One to one coaching for parents, staff and young people from £35

Group coaching for parents and staff (on line by video link) from £35

Supervision and Counselling by negotiation

Two half day Mindful Emotion Coaching Workshops for 20 Learners
From £100 per Learner

Train to run Tuning in to Teens Emotion Coaching Parent Groups
Two day workshop from £495

Consultation and INSET by negotiation

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