

7) 4 Steps to Emotion Coaching

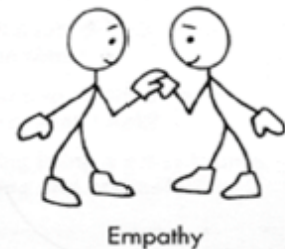
Step 1: Recognising the person's feelings and empathising with them

You might say: "I can see that you're really worried about this, you're frowning and biting your fingers; I hear you."



Step 2: Validating the feelings and labelling the emotion

You might say: "Some other people are feeling worried about it too and it's completely normal for people to feel worried at times"



Step 3: Setting limits on behaviour (if needed)

You might say: "It's not OK to kick the furniture though, it might hurt you or break the bookcase..."



Step 4: Problem-Solving with them

You might say: "Let's have a think together about ways you can feel safer."



Emotion coaching builds a power base that is an emotional bond – this creates a safe haven, a place of trust, a place of respect, a place of acceptance, a sense of self.

This in turn leads to children and young people giving back respect and acceptance of boundaries'

(Rose and Gilbert, 2017)

The following animation gives a helpful summary of Emotion Coaching for parents and teachers:

<https://www.youtube.com/watch?v=7KJa32r07xk>

