

# Emotion Coaching

## What is it?

- ✓ It is an evidence-based strategy for supporting children label and understand emotions.
- ✓ It helps you to support children in problem-solving.
- ✓ Repetitive, consistent and empathetic Emotion Coaching can support children in becoming emotionally regulated.

## How?

- ✓ Free training from Assistant Educational Psychologists, in your setting.
- ✓ Length of training: 1 hour.
- ✓ Number of adults: 20 (staff or parents/carers).

## What are the strengths?



Date: 18<sup>th</sup> November 2025

Time: 2pm

Where: Coryton Primary

To book your place, please email [corytonprm@cardiff.gov.uk](mailto:corytonprm@cardiff.gov.uk).

Availability will be on a first come, first serve basis.

We will confirm if you have been successful in securing a place.

