

Virtual Parent Session



Coventry Education Psychology Team will be running a FREE session for parents on

Emotion Coaching

Emotion Coaching is an approach that parents can use with children and young people to support their emotional development.

Research suggests that Emotion Coached children and young people:

- **Are more emotionally stable**
- **Are more resilient**
- **Achieve more academically in school**
- **Have fewer behavioural problems**

This session will introduce the steps of Emotion Coaching and its scientific basis, and will involve practical activities and resource-sharing so that parents can begin to use this increasingly popular approach straight after the session.

Video Link Session

Thursday 11th February 2021

12.15pm-2.30pm

To request an invite and for further information contact:

SEND Information Advice and Support Service

Tel: 024 7669 4307 or email: iass@coventry.gov.uk