

Spring NewsLetter Extra

Emotion Coaching Early Years Research Project 2024

Emotion Coaching UK (supported by Norland College) are starting an exciting project in conjunction with The Education Endowment Foundation and The Stronger Practice Hubs in England. The aim is to boost self-regulation skills in 3-4 year-olds using Emotion Coaching by adults in early years settings in their everyday interactions with children.

Emotion Coaching provides a consistent approach for all staff when dealing with children's strong emotions by offering a valuable script for their everyday interactions with the children. As a result of the training, adults then have a rationale as to why they need to respond to and interact with a child in an Emotion Coaching manner, and feel confident to be able to do so.

We're on the lookout for early years settings keen for **free training** and an opportunity to join us in this exciting research project. If you're interested to know more, click here <https://www.emotioncoachinguk.com/ey-emotion-coaching-project>

EMOTION COACHING UK

Emotion Coach
a way of being, a way of becoming

EARLY YEARS EMOTION COACHING PROJECT

WHAT IS THE PROJECT?

The project aims to support the development of self-regulation in 3-4 year olds.

The way this will be achieved is through the use of Emotion Coaching by adults in your setting in their everyday interactions with children.

PROGRAMME OUTLINE

Emotion Coaching
Core Training

Develop an internal
lead group

Sustainable ongoing use
of Emotion Coaching

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HOW TO GET INVOLVED

We are looking for EY settings to take part in this exciting research project starting Autumn 2024. If you would like to contact us to find out more about taking part in the project, scan the 'contact us' QR code below.

CONTACT US



PROGRAMME OUTLINE

Emotion Coaching Core Training

Develop an internal lead group

Sustainable ongoing use of Emotion Coaching



TRAINING & EVALUATION TIMELINE

- Following initial evaluation tasks in September 2024, the training programme runs over 5 sessions between November 2024 and January 2025.
- Emotion Coaching is used by adults in their everyday interactions with children in the Early Years setting.
- Final evaluation activities take place June 2025.



EMOTION COACHING FAQs

