

EMOTION COACHING

For parents

Rationale

Parents want to do the best job raising their children, but sometimes this seems like an overwhelming task. One area of research has found that by raising our child's emotional intelligence, we can provide the skills to help them navigate their relationships, develop confidence, and also maximize their intellectual success. However we cannot help our children be more in-tune with their emotional world if we, as care providers, are not available emotionally to empathize, understand and support them.

Additionally to the research on emotion coaching by John and Julie Gottman, we will explore the role of attachment and how our own childhood experiences shape the way we parent. The research has been done by Dan Siegel and it is reflected in the book "Parenting from the inside out".

The first step towards being an Emotion Coach is to understand how you were parented and how you feel about the way you were parented



During the seminar you will:

- Reflect so that they can identify and work through barriers that interfere with their ability to truly connect with their children on an emotional level.
- Pinpoint the inherited parental skills, tendencies, and unresolved issues from the past that interfere with fostering an effective communication and relationship with their child or children
- Understand the differences between emotion dismissing, emotion disapproval and emotion coaching
- Understand the model of Transactional Analysis (TA) and how does it apply to parenting.
- Bring their own examples to problem solve during sessions
- Understand the role that attachment plays in parenting and what does it mean for each of them
- And more...

The parents members of the group will learn valuable tools to become emotionally receptive and responsive. We will provide support as they learn to put these new skills into practice. The work within the group will help them understand the importance of teaching our children to recognize, accept and manage their feelings, ALL of their feelings, so that they can understand how to regulate their own behaviour.