

Coaching Kids' Emotions

**For parents and
carers**



Every parent (or carer) wants to do their best for their child but can often feel overwhelmed. After many decades of research, it has been found that one of the most useful skills and awareness a parent can give their child is emotional intelligence. This means helping their child to recognize what they are feeling and help them to understand why.

This seminar explores the most helpful ways of responding to a child to help them to learn how to regulate their own emotions, covering:

- The concepts of emotion coaching and emotional intelligence.
- The benefits of emotion coaching
- The four styles of parenting
- The five basic steps of emotion coaching
- An opportunity to practice emotional coaching

Tuesday 5 December, 9.30am to 12noon

Lotteries House, 7 Anzac Place, Mandurah

\$30 per person (\$15 for concession card holders)

**Places are limited so book now on 6164 0588 or
Email: Mandurah.Education@relationshipswa.org.au**