

Emotional Coaching - Step 1

Recognising, empathising, validating the feelings and labelling them.

- *I wonder if you feel I can see that...*
- *I would feel...if that happened to me.*
- *It's normal to feel...about...*

Emotional Coaching - Step 2 (not always required)

Setting limits on behaviour and that some behaviours can't be accepted

- *We need to keep everyone safe, so we have...*
- *There are rules and expectations to follow.*

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Emotional Coaching - Step 3

Problem-solving with the child or young person

Explore – Discuss what the feeling were at the time.

- *What did you feel like when that happened?*
- *Have you felt like that before?*

Scaffold – Discuss other ways to respond when we feel strong feelings (child-led)

- *What about if you...?*

Empower – encourage self-belief/esteem of manage their own feelings and behaviour.

- *Let's decide what you will do next time you feel...*
- *What will help you to remember you do this?*

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Be a **STAR** for the child

STOP – Pause, don't react or speak straightaway. Notice any feelings the child's behaviour may be bringing up to you.

THINK – What feeling might lay beneath the behaviour I'm seeing? What is going on for the child right now?

ATTUNE – Attune to the feeling by putting yourself in the child's shoes.

REFLECT – What would be an equivalent situation for you that could cause you to feel that way?

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