



# Midlands Emotion Coaching Interest Group

Anyone with an interest in developing their use of Emotion Coaching is welcome to attend the regional Midlands Emotion Coaching Interest Group Meeting. The session will provide an opportunity to share practice and learn from each other whilst obtaining updates from Emotion Coaching UK and practitioners in the field.

The session will be held via Teams.

**Date: Monday 11<sup>th</sup> March 2024**  
**Time: 9.30am-12.00pm**

The session is to focus upon:

## Strategies and techniques that support the Emotion Coaching way of being

The session is to be hosted by Dr Adele Thacker (Specialist Senior Educational Psychologist with Shropshire Council), Jo Davies (Lead for Inclusion for the Perry Hall Multi Academy Trust and registered Emotion Coaching Practitioner) and Licette Gus (co-founder of Emotion Coaching UK).

Jo Davies will share Circles of Influence, Concern and Control as a strategy that could be used as part of problem-solving discussions. The strategy can effectively support children, young people and adults alike by enabling them to have a clearer understanding of what we can and cannot control and what we can influence when managing more challenging emotional experiences.

Dr Adele Thacker will share the technique 'Big Empathy Drawings'. This is a key intervention to convey empathy in ways which enable children and young people to feel safe enough to engage in collaborative sense making.

If you would like to attend, please email [adele.thacker@shropshire.gov.uk](mailto:adele.thacker@shropshire.gov.uk) to register. A 'hold the date' invite will be sent upon registration with the virtual link being sent one week before the session.

Feedback from previous sessions:

**Fantastic helpful session**

Inclusion Manager

**This group is like a therapy in itself - it informs, inspires, and refocuses**

Inclusion Manager