



Emotion Coaching Your Child

Every parent (or carer) wants to do their best for their child but can often feel overwhelmed. This workshop explores the most helpful ways of responding to a child to help them to learn how to regulate their own emotions, covering:

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

Monday 23 November – 6.30pm to 9pm

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**