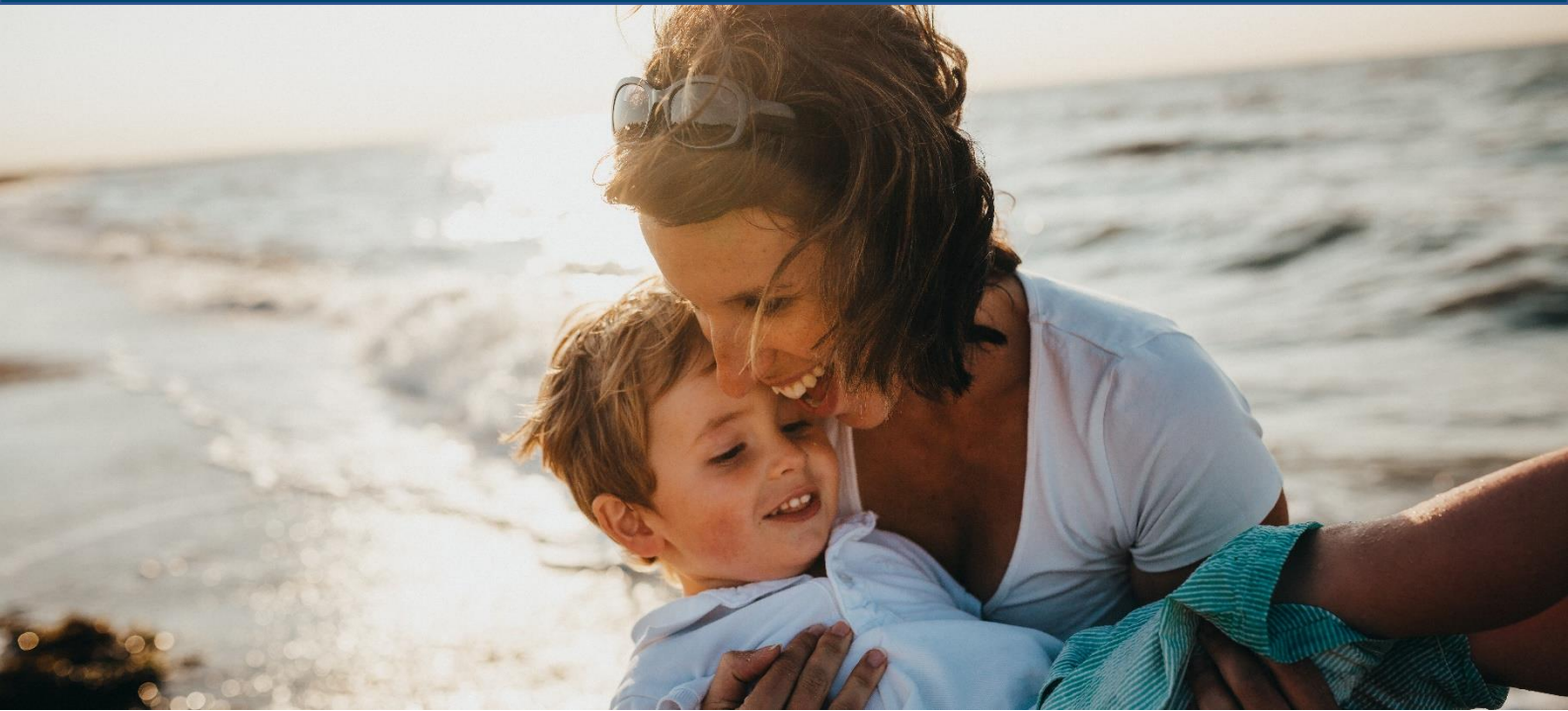


# Emotion Coaching Your Child

## Online via Zoom



Raising our children should be one of life's greatest experiences, but as every parent knows it can often be overwhelming.

Research indicates that developing the emotional competence of your child provides a 'secure' pathway to the development of Emotional Intelligence (E.Q. - believed to be a better predictor of success than Intelligence (I.Q.).

This workshop is designed to introduce you to the art of Emotion Coaching which helps parents to be supportive of their child's emotional world and to value emotional connection and intimacy.

Participants will be encouraged to learn how to:

- Help their child identify and understand their emotions
- Soothe and guide their child through their 'difficult' emotions
- Understand the contribution of their own emotional world to their parenting
- Communicate with their child more effectively
- Understand the different styles of parenting

**When:** Tuesday 28 May 2024

**Time:** 6.30pm to 9pm

**Where:** Online via Zoom

**Cost:** \$30 per person \$15 concession

Online sessions are interactive and have minimum requirements



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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