

Emotion Coaching Your Child

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:

- Understand the different styles of parenting
- Communicate with their child more effectively
- 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

Where: West Leederville – Level 1, 22 Southport Street
When: Monday 22 November 2021
Time: 6.30pm – 9pm
Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au