

ONLINE WORKSHOP
Option Available

Emotion Coaching Your Child

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 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: ONLINE – Zoom session

When: Thursday 20 May 2021

OR

Where: West Leederville – Level 1, 22 Southport Street

When: Monday 21 June 2021

Time: 6.30pm – 9pm AWST

Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol.

Please note **Online** sessions are interactive and to attend the minimum requirement will be a Computer/Laptop/Tablet with webcam and microphone.

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

Relationships Australia.