



## DEVELOPING EMOTIONAL INTELLIGENCE

Research continues to confirm that it is one of the key predictors of life satisfaction and achievement. Emotional Intelligence includes being able to recognise and regulate our own feelings, as well as empathise with others' feelings without judgement. EI helps children be more thoughtful and considerate, and leads to improvements in their behaviour and communication. Emotionally intelligent children experience stronger connections in their relationships, benefit from greater focus and resilience, and develop stronger problem-solving skills.

This workshop covers:



### THE ROLE OF EMOTIONS AND THEIR INFLUENCE ON BEHAVIOUR

We explore how our emotions affect our actions, and how unexpressed emotions can result in poor behaviour and lower self-esteem. When parents can identify and accept the emotions behind their child's behaviour, they respond more effectively when their child is struggling, upset or frustrated. This approach also means children feel understood and are more willing to share any concerns and worries with their parents.



### HOW BRAINS PROCESS EMOTIONS

We discuss how the human brain processes emotions, with reference to Professor Steve Peter's Chimp Paradox. We explain how the way parents respond to their children, and the words that they use, influence whether the emotional or logical parts of their child's brain is sparked into action.



### BEING AN EMOTION COACH

We share how parents can be Emotion Coaches for their children. We look at how Emotion Coaching can work in a number of different scenarios, including how parents can best respond to tantrums, helping their children through difficult times, and the inevitable disappointments and challenges of life.