

Northfield Centre

Bell Hill
Northfield
B31 1LD
Tel: 0121 666 6409 ext 2334

Centre Leader Sophie Bartlett

Email: dennys@jamesbrindley.bham.sch.uk

Date: 9th November 2018

Dear Parent/Carer

We are delighted to be running a parents/carers workshop on Emotion Coaching.

Emotion Coaching is an approach based on what we now know about the brain and how it functions when we are stressed. Emotion coaching allows people working with the young person to become more aware of the young person's emotions, to validate and label their feelings and to explore strategies to help them resolve problems. We at James Brindley have all been trained in this approach and it is helpful in supporting our students and their emotional development.

All parents, from all the different sites in James Brindley School, have the opportunity to attend a presentation on emotion coaching with our Educational Psychologist, Charlotte Reeve.

The date of this parents evening is **Wednesday 5th December at 6pm-7.30pm**. Please note this is an information evening for **parents only** and therefore parents/ carers will need to make suitable arrangements for their children during this time.

The full address of the venue is:

**The Northfield centre
Bell Hill
Northfield
B31 1LD**

You can see more information about the emotion coaching here:

<https://www.emotioncoachinguk.com/>

Please complete the attached reply slip and return to could return it to you respective administrators by **Friday 23rd November 2018** or please email me or message me on Dojo.

Please do not hesitate to contact me if you have any questions or queries.

Yours faithfully

Sarah Lisle-Denny

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REPLY SLIP EMOTION COACHING PARENT/ CARER TRAINING

Name of child: _____

Please delete as appropriate-

I **will / will not** attend the attachment aware information meeting at Northfield on Wednesday 5th December at 6pm 2018