

Professional Emotion Coaching: A relation-based approach to promoting regulation and resilience in schools



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WHEN Starts: Thursday, July 27th 2023 at 1:00 PM
Ends: Friday, July 28th 2023 at 4:00 PM

WHERE Online

COST From \$495.

This two-part interactive workshop will take an evidence-based approach and will offer participants the opportunity to develop strategies to effectively manage students' emotional distress and challenging behaviours. It will help participants to develop an understanding of how to manage their own emotional and stress responses and enable them to support students to do the same. This workshop will support participants with a structured framework for thinking about, approaching and responding to challenges with children and young people in education settings.

The workshops will incorporate examples, group discussions, interactive activities, and will provide further opportunities for self-directed learning and reflection.

Presenters: Deborah A. Costa MAPS holds bachelor and

postgraduate degrees in psychology and education, specialist qualifications in traumatic stress studies and complex trauma and a Master of Public Health. Deborah is a registered psychologist and educator who is passionate about community and population approaches to supporting the mental health of infants, children and young people.