

Reflection

Notice how you respond to a friend, partner, student, colleague with the following emotional expression. Do you tend toward dismissing, disapproving, laissez-faire, or an emoting coaching style?

Sadness:

Anxiety:

Embarrassment:

How are your responses the same or different with different emotions and people?

Describe your student population in terms of school culture and wider community cultural norms around emotion expression? How will you adapt Emotion Coaching to your students?

Consider your student population's ages. How will you adapt Emotion Coaching to attune with different age groups?

Consider your consultation role with teachers. Identify 3 ways you can infuse Emotion Coaching principles into your consultation practices.

You would like to increase your own and your staff's ability to use Emotion Coaching. Here are some ideas regarding where to start. Which choice/s (or other) seems most viable at this point in time?

- ☐ Personal reflection, reading, activities to explore your own emotional world, tendencies toward responding to emotions
- ☐ Additional training on Emotion Coaching (readings, videos, trainings)
- ☐ Regular, structured meetings with other school-based mental health professionals to explore, learn more about Emotion Coaching and application in schools
- ☐ Brief presentation at faculty meeting on Emotion Coaching and your intent to begin to use these strategies in consultation
- ☐ Small group education group with staff
- ☐ Small group video viewing from John and Julie Gottman
- ☐ One-one-consultation with teacher to try the strategies
- ☐ Modeling opportunities (e.g., Using strategies in conjunction with an administrator-student meeting regarding disciplinary issue, student support team meetings, IEP meetings)
- ☐ Individual counseling with a student
- ☐ Small group counseling with students
- ☐ Leading SEL programs in the classroom with all students
- ☐ Other ideas:

Describe a basic assessment and evaluation plan to be used when evaluating the effectiveness of Emotion Coaching, as well as social validity and barriers to its application at your site.