

Improving Emotion Regulation:

for the mental health, wellbeing and attainment of children

Intended for people working with children, young people and families

Thursday 26 September

**Registration & networking:
8.45am - 9.15am**

**Conference:
9.15am – 4.00pm**

**Venue: The Mills Centre,
Highgate School
5 Bishopswood Road
Highgate, London N6 4PP
Lunch provided**

Emotion regulation is central to mental health and wellbeing. Adults working with children and young people can influence a child's ability to regulate their emotions and their behaviour by the way they respond.

Join Dr Janet Rose and the Anchor Approach and learn some straightforward emotion coaching techniques so that you can hold conversations that matter.



Booking via:
www.haringey.gov.uk/anchor



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Key Note Speaker: Dr Janet Rose (PhD, MA, PGCE, BA (Hons), FHEA) is co-founder of Emotion Coaching UK. She is a trained teacher and has led research into the development of Emotion Coaching both as a parenting programme and for application in schools and community settings throughout the UK. Janet is Academic Lead for the Attachment Aware Schools Project based at Bath Spa University and has authored numerous books, chapters and research publications.



Conference Aims:

- To consider how self-regulation lays the foundation for mental health and emotional wellbeing
- To gain insights from the neurosciences which identify what lays the foundation for mental health and emotional wellbeing
- To introduce the key self-regulatory strategy of Emotion Coaching as a universal tool for all professionals and carers
- To outline the key evidence that informs Emotion Coaching
- To introduce some practical skills in the application of Emotion Coaching to practice across professional contexts
- To explore how the team around the child and family can work together to support all children and their families through emotion coaching and other self-regulation strategies

Who should attend:

Schools: emotional wellbeing coordinators, inclusion leads, SENDCo's, heads of year, teaching & learning leads, senior leaders, designated teachers for CiC, mentors

Health Services: midwives, health visitors, GPs, practice nurses, school nurses, LAC nurses

Children's Services: social workers, foster carers, IRO's, early help, youth service, youth justice

Police

Third Sector Organisations



The Anchor Approach

Supporting children and their families to live resilient and stable lives.