

Children's Emotional Wellbeing Coaching

6 week plan

Teen

General session plan:

Intro
How are you?
Scale
Recap and hometask review
Learning
Regulatory technique
Set hometask
Outro

All content will be tailored and adapted to your child's age, emotional development and individual needs.

The sessions may not follow this plan if content/pace is adapted.

Please note that this is a brief overview of the content

Week 1 Introductions Sea of life Preparation for coming weeks EBT cycle	Week 2 Getting to know myself and my Emotions Psychoeducation on Emotions
Week 3 Getting to know myself, my Emotions, and how they effect my Thoughts.	Week 4 Behaviour How do I spend my time and how does that effect my Thoughts and Emotions?
Week 5 Relationships How to maintain relationships, healthy communication and the relationship with myself.	Week 6 Consolidation of learning Reflection Feedback Outro