

Children's Emotional Wellbeing Coaching

8 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	Week 2 EBT cycle Psycho-education on Emotions and the body
Week 3 EBT cycle continued... Getting to know my Emotions and how they effect me. Psycho-education on Thoughts	Week 4 EBT cycle continued... Getting to know my Thoughts and how they effect me.
Week 5 EBT cycle continued... Behaviour How do I spend my time and how does this effect me?	Week 6 Relationships Clear communications, maintaining relationships and my relationship with myself.
Week 7 Regulation What is regulation and how do I do it?	Week 8 Recap Reflection Feedback Outro