



# Emotional Coaching: A Practical Programme to Support Young People (Lucky Duck Books)

*Robyn Hromek*

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**Emotional Coaching: A Practical Programme to Support Young People (Lucky Duck Books)** Robyn Hromek  
Includes CD-Rom

`This book and CD-ROM offers a creative and open-minded resource for helping children develop their coping and social skills' - *Youth in Mind*

Young people's healthy emotional development is based on affirming relationships and positive experiences and for some young people the lack of these encouragements leads to personal, social, emotional and behavioural difficulties. This pack provides teachers, mentors, assistants and others with all they need to support these young people through an 'emotional coaching' programme.

This supportive and innovative programme includes seven different workbooks and nine therapeutic board games giving young people the opportunity to practise problem solving and goal setting. Topics covered include:

o anger

o anxiety

o teasing

o friendship

o happiness

o self-confidence.

Facilitators' notes and comprehensive guidance on how to deliver emotional coaching, structure and rationale are all provided, giving the adults who support these challenging young people the skills and confidence to engage them in the programme. The strategies are all designed to be brief and solution focused.

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