

## Mindful Emotion Coaching



## Expression of Interest Form

[www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)

*with thanks to the Unstoppables (SEND TEAM) for help with this form*

### What we would like Young People to consult on

We are rolling out Mindful Emotion Coaching Training with Professionals and Parents in Somerset and would like to extend this to working with Young People. We would like you to help us with our leaflets and with a web page. You can see what we are doing already by going to [www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk) or [www.emotioncoaching.co.uk](http://www.emotioncoaching.co.uk)

I am: Dr Sarah Temple

Telephone: 07961116819

Email: [sarah@ehcap.co.uk](mailto:sarah@ehcap.co.uk)

### How will your work be used to make a difference?

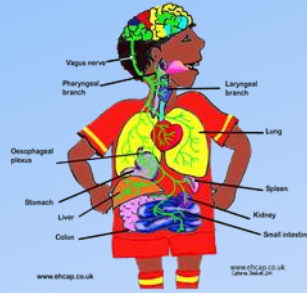
For young people: Helping us make sure the way we put together information about the neuroscience of brain development, emotion resilience and emotion wellbeing is useful for Young People

For communities: Building Emotion Resilience

For your organisation: We want to make sure we are producing materials that Young People find useful

Please return this form to Sarah Temple, 3 Ridgeway, Sherborne DT9 6BZ  
or email [sarah@ehcap.co.uk](mailto:sarah@ehcap.co.uk)

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### How will outcomes be fed back to Young People and in what timescale?

*It is really important that Young People are given feedback on their involvement and what impact it has had.*

The Outcomes will be fed back by email and presented at our end of year conference on 23<sup>rd</sup> February 2016

**We have our first meeting with Young People on 23<sup>rd</sup> November at 10 am in Monks Yard.**

**If you can join us please complete this form [www.ehcap.co.uk/booking-form](http://www.ehcap.co.uk/booking-form)**

**[sarah@ehcap.co.uk](mailto:sarah@ehcap.co.uk)**

Signed:

Date:

Print name:

Contact details: