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Empowering the young to grow and transform

Emoji Coach for Parents

Being a parent is probably one of the most rewarding, challenging and important jobs you'll ever do.

I know that's how I feel. My children have taught me so much and I'm just cruising into the teenage years so have many more lessons ahead of me!

I also hear from all parents that you just want your child/children to be happy!

If your child is unhappy it has such an affect on you as the parent, the rest of the family, school life and the list goes on and on. You may feel helpless as a parent which has a knock on affect on your own self esteem, confidence and happiness.

The Emoji Coach offers:

- Programmes for children/young people
- One to One coaching for children/young people
- Programmes for parents
- One to one coaching for parents
- Programmes for new mothers
- Programmes for parents who have a child making the transition into primary or secondary school.

The Emoji Coach offers:

- Programmes for parents
- One to one coaching for parents
- Private programmes for children/ young people
- One to one coaching for children/ young people

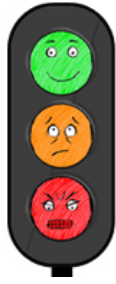
The Emoji Coach programmes are for children/young people who:

- Struggle with confidence and low self esteem?
- Feel unhappy at School?
- Have challenging behaviour?
- Struggle with friendships?
- Seem withdrawn?
- Show signs of anxiety/stress?

When a child is showing challenging behaviour, low self esteem, low confidence or is generally unhappy, their emotions are being suppressed and then quite often erupt. At this point they may verbally or physically hurt someone or themselves which usually disrupts everything around them. Alternatively they may remain suppressed and the child becomes withdrawn or unwell and loses more confidence.

So, the Emoji Coach programmes teaches the children/ young people how to:

- Pay attention and recognise their emotions and where they store the negative ones,



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- How they then can change a negative emotion to a positive one – Yes you really can change your emotions if you choose to!

By doing this,

- The children's Emotional Intelligence develops

which means,

- They will know what feels good/bad and how to move from a negative feeling to a positive one

We've created the Emoji Coach programmes to help the children/ young people:-

Increase Positive Thinking

- Creating Happier Children
- Seek solutions rather than focussing on a problem
- Can see possibilities

Build Self Belief, Confidence & Self Esteem

- Discover who they are
- Increase in confidence
- Realise it's ok to be different
- We are all unique
- Stand up for what they believe in
- Emotionally healthier – able to make good choices

Raise Self Awareness

- Understanding what they are feeling
- Able to identify triggers/patterns
- Taking responsibility for their emotions
- Energy

Grow Compassion & Respect

- Become more caring, considerate and respectful

Grow Kindness

- Understand through role play the effect of kindness/unkindness towards other,

and how it makes yourself and others feel.

Handling Conflict

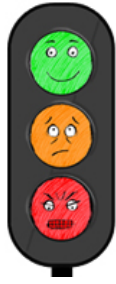
- Ability to make better choices
- Ability to say no
- Ability to communicate assertively (not aggressively)

Self Management

- Learn self calming techniques
- Ability to make good choices

Developing Emotional Intelligence

- An understanding of how the brain works



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- Understanding their emotions & how to manage them

Develop Mindfulness

- Developing a state of moment-by-moment awareness of our thoughts & feelings

- Acceptance of our thoughts & feelings without judgment

So you may be wondering how we do this. Let's share with you how:-

The programmes are run privately or in schools.

We know children and young people need to move, have fun and adventure to learn, that is how they learn the best and where they feel understood and safe to be themselves and that's exactly what happens in our sessions

We understand the importance of variety, that the children need different mediums to hold their interest and attention and that they all have different learning styles. The methods we use are underpinned by Emotional Intelligence, Mindfulness, Positive psychology and NLP and at the same time we use creative varied techniques including:

- Creative Activities
- Game Role play/scenerios
- Visualisation techniques
- Building a toolkit
- Mindfulness
- Learning fun facts (such as how the brain works etc)

Ultimately this leads to 3 key things:-

will mean:

1. A more positive child
2. An 'I Can' attitude
3. Better behavior

Children/ young people who can -manage their own emotions

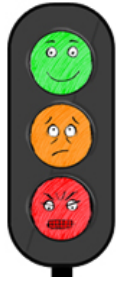
which leads to

- Higher achievement at school
- Improved focus and concentration
- A happier child with raised self esteem & confidence
- A child who has good self belief

Contact me today for more information on any of our programmes. . To run a programme in a school, speak to your Head of School or Learning mentor and share our contact details. We'd love to hear from them. contact your head of school or learning mentor and they can then contact us here for more information.

One to One Coaching

Libby is an International Transformational coach working with many children/ young people who are stuck and struggling to move forward and has worked with clients as far away as Australia via Skype. Libby has worked with



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children and young people who have self harmed, struggle with anxiety, depression and have low self esteem and confidence and has had amazing results!

Coaching can be done via:

- Skype
- FaceTime
- Face to face

Parent programmes and coaching

The most important relationship of all is the one we have with ourselves, If we don't have a good relationship with ourselves then how can we be the best we want to be for our family? It's about having mutual respect, love and compassion with ourselves 1st and then it will flow throughout the family. So the Emoji Coach parenting programmes have been created with that in mind.

Throughout the programmes you will be guided and will be looking at yourself to help you to love and like yourself and to believe in yourself. When we nurture ourselves and show ourselves compassion we are then in a healthier position to be there for our family.

You may be looking for some support and direction as:

- your child is struggling in some way
- You yourself struggle with anxiety or depression
- You feel stuck in a rut
- You feel guilty for not being the best parent you feel you can be
- Your work life balance is out of control
- You have the same struggle over and over and you are physically and mentally exhausted!
- You know that what you are doing isn't working but you don't know what else to do!
- You have teenagers and want a life line!

As parents we have no manual or training and we can only do what we feel is right and yet when our resources have been depleted, we simply can't be the parent or partner we want to be.

So, The Emoji Coach programmes can help!

For more information contact Libby today

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