Learning Network
Educational Services

IE22-70 Strengthening Emotion Coaching Skills - #1

PRESENTED BY

Sue Huff

SERIES SESSIONS

Date	Time
November 25, 2021	4:00 PM - 5:00 PM

LOCATION

Online - Your Computer

FEE

$25.00

QUESTIONS?

Contact Us:

780-623-2248

REGISTER ONLINE

Visit our website to register:

lnes.ca

Program

In these monthly follow up sessions, Sue will dive deeper into the technique of emotion coaching to help others quickly process emotions and move towards a more receptive mindset.NOTE: Participants are encourage to have taken the introductory workshop* and have had the opportunity to try this approach in the classroom. Bring your questions, your challenges and your successes to share. Sue will work through obstacles you may be encountering, strengthen your emotional fluency, and build your capacity to assist others who are facing emotional dysregulation.

Class size is limited to 25 to allow discussion and participation. These sessions will NOT be recorded for confidentiality reasons.

*If you missed the introductory workshop or would like to review the material again, please contact Brent Allen (brent.allen@learning-network.org) to obtain a link to the video recording of the workshop.

This learning opportunity is being offered through a grant from Alberta Education.

Presenters

Sue Huff

Sue Huff is a skilled presenter who brings a wealth of experience to her work. She is the former Executive Director for the Eating Disorder Support Network of Alberta, former Trustee with Edmonton Public School Board, the author of The Book of Hope, and has been trained in Emotion-Focused Family Therapy, Mediation, Conflict Resolution and Restorative Justice Practice. She has also worked as a professional actress, an award-winning writer for television, and director for the National Film Board of Canada. Most importantly, she is the parent of a child who has recovered from Anorexia Nervosa and counts the skill embedded in this workshop as the single most powerful tool she has as a parent to help her child process and regulate the powerful emotions associated with this mental illness.

Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online,** you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file.** If you do not receive a confirmation email, please contact celine.zevola@learning-network.org