

About Session 6:

Emotionally intelligent parenting: now and in the future

Overview

- ☺ Warm-up exercise
- ☺ Emotional self-care (optional)
- ☺ Reflection on the week/home activity review
- ☺ Role play
- ☺ Review of the principles of Emotion Coaching
- ☺ Final points
- ☺ Closing issues

