



The Bath & Mendip  
Partnership  
Teaching School



# Mindful emotion coaching

**Thursday,  
January 30th  
9.30am to 4pm**

**Led by  
Neil Harris  
£80**

**Fosse Way School,  
Longfellow Road,  
Radstock BA3 3AL**

Mindful emotion coaching is about building emotional resilience by identifying emotional and mental health difficulties early, talking about emotions behind behaviours and understanding the neuroscience of brain development and mindful awareness.

Neil Harris is a former Headteacher, Senior Education Adviser and now is director of two independent companies —



Coaching for Progress and Think Back Look Forward. He specialises in training, coaching and facilitation.

For more see [www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk) and [www.emotioncoaching.co.uk](http://www.emotioncoaching.co.uk)

**This course scored 9.3 out of 10 last year**  
“This will have a positive impact on not just the way I help pupils cope with big emotions but also how I help my own children as a parent.”

**To book online visit [www.tbmpts.com](http://www.tbmpts.com) or email [office@tbmpts.com](mailto:office@tbmpts.com)**

