

## Emotional Logic Facilitator Award: Schools

Do you:

- want to improve mental health in your school?
- think that learning about emotions should be part of the curriculum?
- know how to help young people when they get stuck with their emotions?
- need some practical resources to be able to teach young people to understand and utilise their emotions to adjust to change?

**This course takes place over 2 terms with 4 taught days, some online support sessions and a number of independent study hours.**

Through practical skills training, background theory, and conversational practice relevant to real situations in schools and settings, it will equip participants to:

- teach others within their settings how to use the Emotional Logic lesson plans with a class or group
- build Emotional Logic into the curriculum
- support individuals with their emotional responses

You will learn that Emotional Logic increases:

- partnership
- self-respect
- empathy
- choice and decision-making
- adaptability and resilience

### CONTACT US

Book online at:

[www.babcock-education.co.uk/ldp/cpd](http://www.babcock-education.co.uk/ldp/cpd)

For any queries contact:

[chloe.forsyth@babcockinternational.com](mailto:chloe.forsyth@babcockinternational.com)

### WHAT IS EMOTIONAL LOGIC?

Emotional Logic is:

- Your inbuilt capacity for one emotion to evolve constructively into another as you adjust to change in different ways
- A structured way to understand the useful purposes of emotions
- The ability to turn unpleasant emotions into positive actions

### WHEN AND WHERE AND COSTS

4 taught days

- Thursday 1<sup>st</sup> November 2018
- Friday 2<sup>nd</sup> November 2018
- Friday 18<sup>th</sup> January 2019
- Friday 3<sup>rd</sup> May 2019

Independent Learning, Casework and Practice within your own setting

Cost:

- £1360 per person if there are 1 or 2 people from the same establishment
- £1110 per person if there are 3 or more

**To produce further materials to use in schools:**

- Print Licence - £25 + £0.50 per pupil for unlimited printing of licensed resources.