



EMOTIONAL LOGIC

TURNING LIFE'S CHALLENGES INTO
INNER STRENGTH

Charity no: 1107527 | Registered no: 04756998



What we believe

Life can be difficult, and everyone struggles at times to know how to deal with unexpected challenges. We provide a range of unique practical tools that help people to unlock their emotional turmoil and release their energy to move on. You can learn how to use these tools and pass the skill on to others.



Applications

Individuals and Families

Emotional Logic is more than a coping strategy. Emotional Logic is a personal development tool used by people of all ages to improve emotional intelligence in difficult situations. It makes sense of unpleasant emotions. People can then harness that emotional energy to face life's challenges, build emotional resilience and embrace change.

Schools

Emotional Logic is trauma responsive and is used in schools worldwide to help children, families and staff move forward during challenging times. For pupils and their families in schools, areas of anger, depression, anxiety or self-harm are commonly addressed. By feeling heard, and safe, pupils become more resilient and academic levels improve. For staff it is often used in the areas of stress reduction, workload, work life balance or conflict resolution.

Businesses

Emotional Logic is more than a coping strategy. It's a coaching model for individuals which improves employees' mental health.

- It's ideal for business owners
- Supports your workforce's mental health
- Provides support to individuals who are struggling



Individuals and Families

Personal Learning Appointments

When we need support, it's not always possible to meet face to face. We offer personal learning appointments online and over the phone as well as face-to-face sessions. We can work with couples, individuals, friends and family groups. Once you have begun to learn, you can teach others. It becomes an everyday language wherever you are and whomever you are with.



We provide a very quick response

Everyone struggles with life's ups and downs and sometimes we need help. We pride ourselves on providing a quick service. Phone us to briefly explain your situation, and within a week we can usually arrange a date for a personal learning appointment by teleconference if you cannot meet one of our national coaches in person.

A self-help tool for you and others

You will discover how to make sense of your unpleasant emotions as part of a healthy adjustment process, even including anxiety, anger, guilt or depression. It'll help you to get your energy back for life. Emotional Logic is not counselling or therapy. It is a conversational skill that you learn, so you can plan your way through life



Stop gap whilst waiting for NHS appointment

Activating your Emotional Logic is a safe life skill for change that does not conflict with any therapies. You can learn it while on a waiting list for therapy. We can help you now, so you're empowered straight away to take action/make change. Many people find that after just one or two sessions they begin to feel better and have more energy to influence their future.



Schools

Improve pupil behaviour by training your staff to be trauma responsive

Pupils and staff can learn how to make sense of their emotions; recognise the impact of trauma on behaviour and deal with this in practical terms. Using Emotional Logic throughout the school has helped numerous schools to improve communication, reduce incidents of aggressive behaviour and build emotional resilience.



Improve your pupils' ability to learn and make accelerated progress

We all know effective learning is underpinned by feeling safe and understood. Learning Emotional Logic will help your pupils make sense of their emotions. It will help them to feel safe, heard and valued. They will learn effective, non-aggressive ways to negotiate. Relationships at all levels will improve and pupils will be ready to learn at a more rapid pace.



Reduce stress and improve staff retention and attendance

School governing bodies have a statutory duty of wellbeing for their staff. Emotional Logic training provides a tool to help staff improve communication, feel heard and design a way forward based on their personal values. It reduces stress for staff, pupils and carers by providing a shared language and understanding of our emotions when we adjust to challenge and change.



Providing training for your staff that fits within school budgets

As a charity led by education and medical professionals, we provide a bespoke model that offers a range of training options from 90-minute introduction sessions and two-day training to full coaching qualifications over a period of several months. We can also provide support for staff, pupils or families who are struggling.





Business

Reduce absenteeism by improving resilience

Emotional Logic enables people to talk about what is truly important to them without shame, lessening the feelings of isolation that lead to stress-related illnesses. Early intervention can reduce absenteeism, enable early return to work and ongoing workplace wellbeing. Solution-focused action plans based on named personal values encourage adaptability and realistic self-belief.



Improves productivity

Emotional Logic improves self-respect, insight and responsiveness in relationships. By enabling feedback to managers and teams based on named values, target-focused productivity can improve along with the cooperation and honesty needed for early intervention for problems. Team members carry less worry back and forth between work and home, improving efficiency and wellness at work.



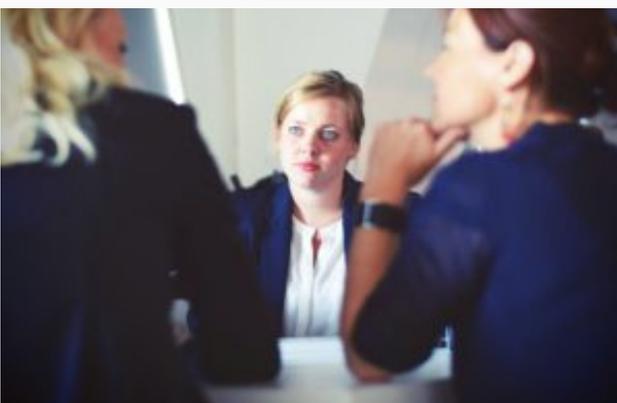
Improves team relationships and communication

When Emotional Logic language becomes a normal part of workplace communications and humour, your teams will improve their levels of honesty, responsiveness and shared adaptability. Innovation will include human values alongside performance indicators. Customers and colleagues will benefit from safe and empathic ways to constructively challenge difficult behaviour.



Flexible training and support

We pride ourselves on being able to offer bespoke training to individual teams in any business context. Our training can be face to face or online. We can work with individuals, small teams or large conference-style groups. We offer introductory sessions, two-day training and qualifying training over several months to equip in-house coaches, or ongoing one-to-one support for individuals.





Materials and Support

We have a wide range of materials and options to support you.
A full range can be seen on our resources site:

elcentre.org/shop



Resources include:

- Personal Learning Appointments**
- Online Courses and Training**
- Virtual and in Person Expert Support**
- Bespoke Training Packages**
- Emotion and Feeling Cards**
- Shelly and Friends 7 Book Series**
- Coronavirus Survival Kit**



Training Pathway

Find out more about Emotional Logic



Online Introductory Course

Nine 3-8 minute videos and supporting documents to give an overview of the healthy adjustment process in 1-2 evenings. Online emotion-mapping tools site to share understanding with others. An ideal introduction for several people in an organisation to have their own for private study. Watch also with family or friends to start helpful conversations.

Foundation Award 2020

For personal development to qualify with a full understanding of the healthy adjustment process to change, setbacks, disappointments and hurts. Develop and practise the conversational skills to share your understanding with family, friends and colleagues. Become a change facilitator in your everyday life settings in eight weeks.

RQLE Accreditation with the University of Surrey for CPD.

Coaching Award 2020

A casework supervision module in which you will learn how to guide other people's self-help learning to untangle complex life problems. This equips you for a self-employed sole trader franchise as an EL Coach, or to integrate the Emotional Logic method into your existing work practices. For support workers and professionals.



Training Pathway

Tailored Training for Organisations



Schools

Emotional Logic Facilitator Award (The school's ELF)

A casework supervision module in which you will learn how to guide other people's self-help learning to untangle complex life problems. This equips you for a self-employed sole trader franchise as an EL Coach, or to integrate the Emotional Logic method into your existing work practices. For support workers and professionals.

Business

Emotional Logic Business and Leadership

Personalised business coaching and leadership training are run through our partner organisation, the Devon Business and Education Centre (DBEC) and at other venues. Courses apply foundational principles of change and adaptability to personal inner strength and family health. From this stable base, sustainable corporate performance and workforce development can follow, and wellness at work programmes.



Testimonials

"I have been a GP for 25 years and am amazed by Emotional Logic. I have seen it completely transform lives – lifting people out of depression and other distress states in just one or two sessions."

Dr Julie Henshelwood,
GP in Dorset.

"The support we have had from the Emotional Logic Centre through our journey has been outstanding"

Deputy Headteacher

"Not so angry anymore.
Smile more"

Year 11 Boy

"We read about Reggie and it was really good. It tort me a lot. It was really good. It tort me how to use my anger and turn it into a good things and how I can turn a bad thing into a good thing."

A 10 year old boy after reading 'Reggie the Rhino' with his Mum and sister.

"I am now fully trained and use this in my school. I feel this has helped me, the children and adults approach problems in a new way, breaking down the problem into smaller, achievable steps."

Cath, member of staff at Ernesettle Community School

"Emotional Logic is a game changer in the world of business coaching"

Director, DBEC



Find Out More



Further information and pricing is available on our website

elcentre.org

Follow us on social media for updates and news



Contact us to discuss your needs:

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Come Through Stronger



**Emotional
Logic**