



EMOTIONAL LOGIC

TRAINING COURSE INFORMATION

TURNING LIFE'S CHALLENGES INTO
INNER STRENGTH

Registered Charity No. 1107527 | Company No. 4756998



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



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. £10

Foundation Award 2021

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. This 20 hour course provides 20 CPD points and validated by the University of Surrey RQLE.

Coaching Award 2021

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. This 120 hour course provides 120 CPD points.



Training Pathway - Further Information



Foundation Award 2021

This course is run in student cohorts or classes. Classes start monthly at a variety of times and days. Some specialise for school education staff.

To see the upcoming courses visit our [website](#) or contact the [office](#).

The 20 hour course consists of four x 2hr guided webinars with essential pre-webinar reading. During these you will have access to a qualified Emotional Logic Coach who will guide you through the practical aspects of the course and answer questions. You will have opportunity to practise the method and have discussion time with the other students.

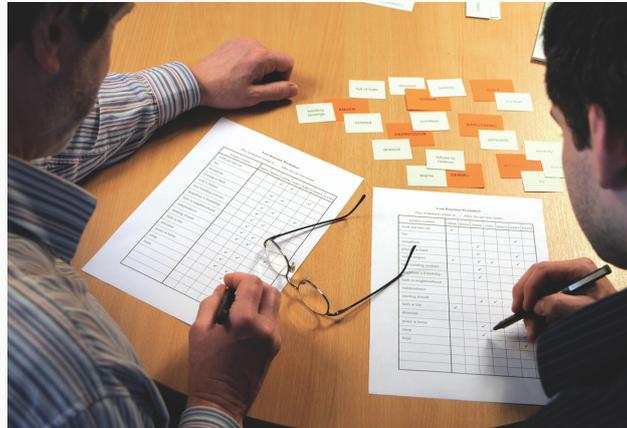
Within the 8 weeks there are four coursework booklets to complete which are not overwhelming, but give you an opportunity to consolidate your learning and show you understand the method.

You will also have access to a personalised 1:1 one hour webinar with the course Tutor to discuss any aspect of the course or your personal development.

The cost for this workshop is £240 and this includes all webinars, Tutor time and materials.



Training Pathway - Further Information



Coaching Award 2021

This course is run on an individual basis. If you are interested in continuing your training please contact the office to be allocated a Tutor. You must have completed the Foundation Award prior to starting the Coaching Award.

The course is approximately 9 months long and is case based. There are a further two coursework booklets to complete which go deeper into the Emotional Logic process and start to look at the distress behaviours that can stem from unrecognised grieving.

Five case studies are completed and discussed with your personal course Tutor. You will also complete card pattern analysis and a reflective practice document.

Whilst studying this course you are able to charge for your Personal Learning Sessions.

The cost for this workshop is £1500 and this includes all Tutor time, supervision and materials.



Tailored Training for Organisations



Schools

Emotional Logic Facilitator Award (The school's ELF)

Learn to train teachers and pastoral staff how to use Emotional Logic for their own inner strengthening, and to use six lesson plans to introduce EL to the pupils. Learn our 'safe coaching method' to work with individual pupils and/or parents to resolve behavioural, attendance and work problems. Prevent mental illness and disruptive behaviour using a whole school community approach. For details of our tailored education program please [contact the office](#)

Business

Emotional Logic Business and Leadership

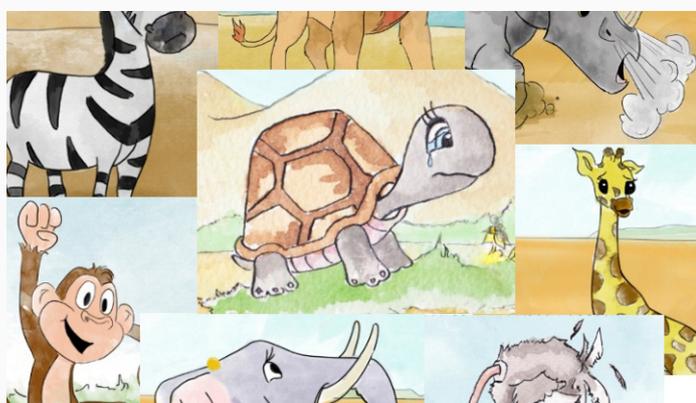
Personalised business coaching and leadership training are run through our partner organisation, the Devon Business and Education Centre (DBEC) and at other venues. Courses apply foundational principles of change and adaptability to personal inner strength and family health. From this stable base, sustainable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



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**



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 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**