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Titolo	Emotional coaching : a practical programme to support young people / / Robyn Hromek
Pubbl/distr/stampa	London ; ; Thousand Oaks, Calif., : Paul Chapman Pub., 2007
ISBN	1-281-24506-2 1-84787-872-5 9786611245061
Edizione	[1st ed.]
Descrizione fisica	1 online resource (137 pages)
Collana	Lucky duck books
Disciplina	155.9042071 370.1534
Soggetti	Stress management - Study and teaching Emotions - Study and teaching Emotions in adolescence Teenagers - Counseling of
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"A Lucky Duck book."
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	""Cover""; ""Contents""; ""Introduction""; ""Chapter 1 - Emotional Development""; ""Chapter 2 - Emotional Difficulties""; ""Chapter 3 - Emotional Coaching""; ""Chapter 4 - Coaching Strategies""; ""Chapter 5 - Tricks and Spells for Kids""; ""Chapter 6 - Friendship""; ""Chapter 7 - Resilience: Pests and Bullies""; ""Chapter 8 - Anxiety: The Scariest Thing""; ""Chapter 9 - Anger Management: Think Again""; ""Chapter 10 - Success at School: COPS""; ""Chapter 11 - Coping: FishBowl""; ""Chapter 12 - Authentic happiness: BLISS""; ""References""
Sommario/riassunto	Includes CD-Rom `This book and CD-ROM offers a creative and open-minded resource for helping children develop their coping and social skills' - Youth in Mind `Young people's healthy emotional development is based on affirming relationships and positive experiences and for some young people the lack of these encouragements leads to personal, social, emotional and behavioural difficulties. This pack provides teachers, mentors, assistants and others with all they need to support these young people through an 'emotional coaching' programme. This supportive and innovative programme

include
