

**WELCOME TO THE ECUK  
RESEARCH COMMUNITY:  
CONVERSATION**

**OCTOBER 15<sup>TH</sup>**

**12.30-2.30PM**

Dr. Louise Gilbert, ECUK Cofounder

**DATE OF NEXT MEETING: TUESDAY 4<sup>TH</sup> MARCH 2025, 12.30-2.30PM**

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**EMOTION COACHING RESEARCH COMMUNITY  
(ECRC) MEETING 6**

The Emotion Coaching Research Community (**ECRC**) has been created in response to practitioners' requests for an online forum to meet and connect with like-minded others.

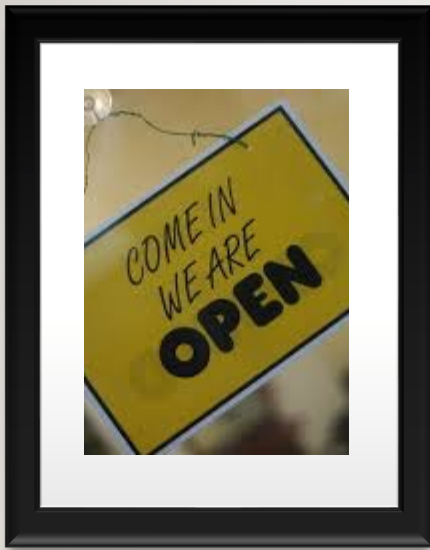
The ECRC group is an **inclusive, practitioner-focused community** to facilitate, support and sustain ethical and credible Emotion Coaching research in educational and community settings.

It is an **online community** welcoming everyone interested in **exploring, starting or wanting to share** their Emotion Coaching research journeys.

It is an exciting venture and important to Emotion Coaching UK.

**WELCOME TO YOU ALL**

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**Presentation:** *'Empowering parents and carers to support children and young people'*.

**Practitioner:** **Jess Lazo:** Educational Psychologist with Rhondda Cynon Taff, Educational Psychology Service

**Presentation:** *'Emotion Coaching (EC) in Irish Primary Schools: What is its Perceived Impact on Primary School Staff?'*

**Practitioners:** **Eloise Daly, Claire Costello and Emma Teahan:** An Roin Oideachais, Department of Education, Ireland

**Presentation:** *'Research proposal: Exploring School Staff Views on the Use of Emotion Coaching in Special Needs Schools for Children with Learning Difficulties.'*

**Practitioner:** **Hannah Gray:** Trainee Educational Psychologist at the University of East Anglia

**Opportunities to share practice:** Update on Emotion Coaching research experiences

**Research Focus Spot:** 'Emotion Coaching Research' Louise

**Date of Next Meeting: Tuesday 4<sup>th</sup> March, 2025, 12.30-2.30pm**

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## Jess Lazo

Educational Psychologist with Rhondda Cynon Taff, Educational Psychology Service

*'Empowering parents and carers to support children and young people'*

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## Eloise Daly, Claire Costello and Emma Teahan:

An Roin Oideachais, Department of Education, Ireland

*‘Emotion Coaching (EC) in Irish Primary Schools: What is its Perceived Impact on Primary School Staff?’*

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## Hannah Gray

Trainee Educational Psychologist at the University of East Anglia

*Research proposal:  
Exploring school staff views on the use of Emotion Coaching in special needs schools for children with learning difficulties*



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YOU WILL SOON BE INVITED TO JOIN A BREAK-OUT ROOM TO SHARE:

**I. PLEASE INTRODUCE YOURSELF AND BRIEFLY DESCRIBE YOUR RESEARCH INTERESTS/ACTIVITIES**

**2. WHAT OTHER TECHNIQUES AND APPROACHES DO YOU FIND USEFUL TO USE ALONGSIDE EMOTION COACHING TO SUPPORT DE-ESCALATION AND CALMING?**

**YOUR BREAK-OUT ROOM INVITE WILL POP-UP ON YOUR SCREEN- YOU JUST NEED TO CLICK ON IT TO ACCEPT**

AFTER ABOUT **15 MINUTES** YOU WILL BE NOTIFIED THAT THE ROOM IS CLOSING, AND YOU WILL BE RETURNED TO THE **MAIN MEETING**

ALL GROUPS CAN **BRIEFLY SHARE** RESEARCH HIGHLIGHTS AND DISCUSSIONS

**Please note:**  
**SOMEONE** needs to **VOLUNTEER** to share your discussions with the rest of the group  
**THANKYOU** for being that person!

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Are you... Research Interested...	Are you ... Research Active...
<b>1. Introduce yourself and briefly share....</b>	
<b>What interests you</b> about EC research, do you have a <b>specific area of interest?</b>	<b>What research</b> are you doing and why?
<b>2. Group Discussion: Today we are mainly discussing ...</b>	
<b>What other techniques and approaches do you find useful to use alongside Emotion Coaching to support de-escalation and calming?</b>	

**TODAY'S FOCUS FOR RESEARCH SHARING**

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Not everyone will understand your journey. Just be yourself and carry on.

WWW.LIVELIFEHAPPY.COM

**RESEARCH**  
**FOCUS 6**  
**WRITING UP**  
**RESEARCH**

Dr. Louise  
Gilbert

ECUK Emotion Coaching Research Community Conversation 6, 15 October

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DONT COMPARE YOURSELF to OTHERS

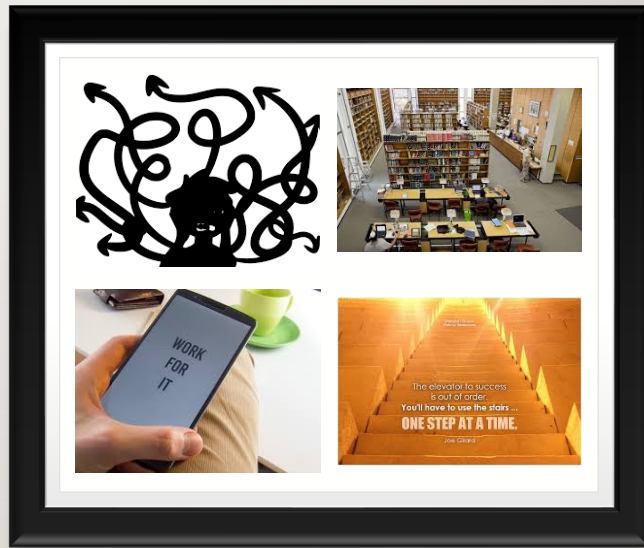
Create a timeline for completion and work backwards

*“knowing’ changes overtime, and through our engagement with ourselves, with others and with the natural world”*

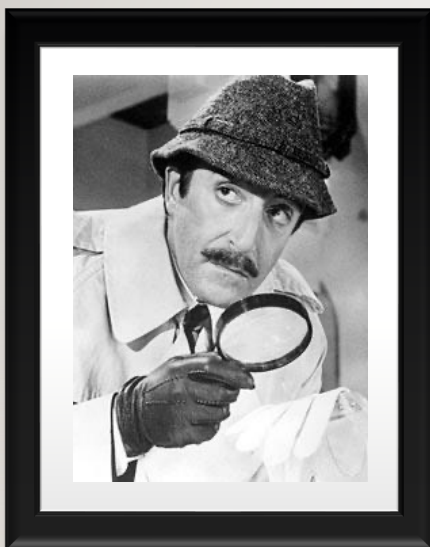
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## BEFORE YOU START HAVE EVERYTHING YOU NEED IN ONE SPACE: PHYSICALLY OR VIRTUALLY

- Take the time to create a system before you start-that is logical and organised for you(so you can find what you're looking for)



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## RETURN TO THE RESEARCH QUESTIONS FOCUS: QUALITATIVE OR QUANTITATIVE FOCUS

Don't ignore - use the research questions to focus writing up and discussion

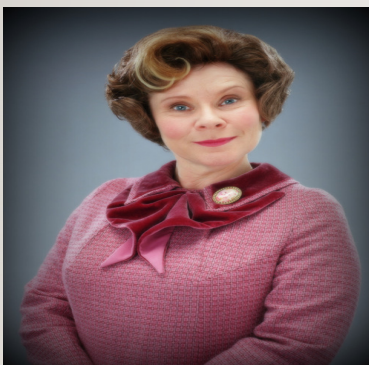
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**REPORT WHAT YOU DID FIND –RATHER THAN WHAT YOU WANTED TO FIND OR HOPED TO FIND!**

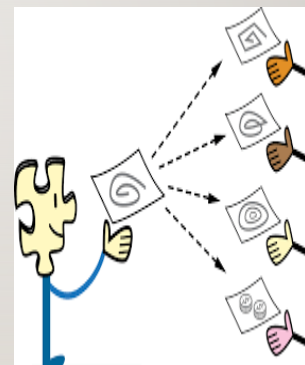


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**WHAT KIND OF WRITING IS APPROPRIATE TO REPORT YOUR FINDINGS?- WHAT ARE THE EXPECTATIONS- IDENTIFY THE THE STRUCTURE- TO REPORT ON YOUR RESEARCH JOURNEY**



- Case study
- Report
- Dissertation
- Academic paper



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## REMEMBER YOU NEED TO SITUATE YOUR RESEARCH:

- What's out there currently- gaps in knowledge?
- What would you like to find out- confirm- add to?
- This will help to justify your research approach and sources of data



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## EXPLAIN HOW YOU COLLECTED DATA GIVING ENOUGH DETAIL TO ENSURE TRANSPARENCY

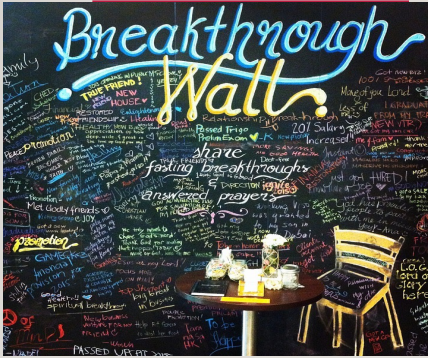


Science represents “a state of mind or attitude and the organizational conditions that allow that attitude to be expressed” (Mays and Pope, 1995: 109)

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## SUPER-VISIONS AND SUPER-VISORS HELP NOT HINDER PROGRESS



'Thinking is not optional' for any researcher (BPS,2014:3-4)

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## REMEMBER –ITS NORMAL- THERE WILL BE HIGHS AND LOWS WHEN WRITING- IT TAKES TIME



There needs to be caution with the explication of meanings of words and phrases used by the participants and researchers alike

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**Written up research is evidence  
for others: all findings are  
relevant!- and offer another layer  
or nuance to moving  
understanding forward**



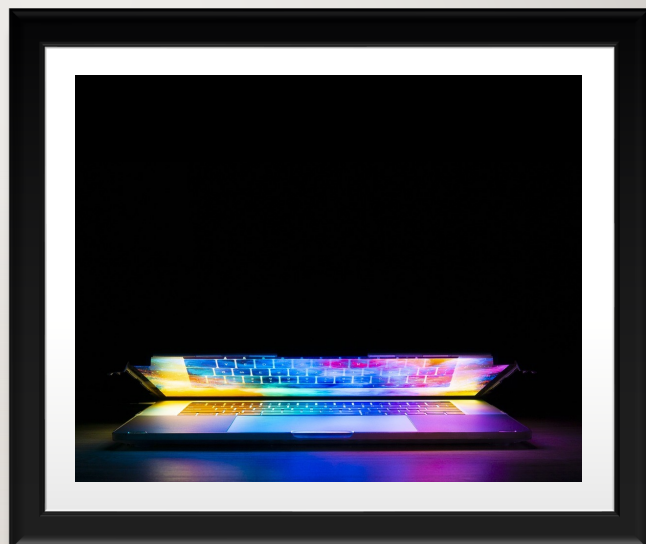
Scientific explanation and progress are found *'not in moving from the complex to the simple, but in the replacement of a less intelligible complexity by one which is more so'* (Levi-Strauss, 1962:248).

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## **ALWAYS SAVE YOUR WORK!**

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- Date it (to ensure you work on the most current version)
- Make sure it is backed up
- Make sure it is secure



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## BIOBIBLIOGRAPHY AND REFERENCE LIST

Keep your reference list up to date- as you use reference- note them down and let the list grow make a list

<https://libguides.reading.ac.uk/citing-references/referencingstyles>

[https://en.wikipedia.org/wiki/Comparison\\_of\\_reference\\_management\\_software](https://en.wikipedia.org/wiki/Comparison_of_reference_management_software)

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## Proof reading is best done after a break

- Checking accuracy of reference list is best seen as a separate task (takes longer than you think)
- Having someone else do these tasks can be helpful

‘Language is the only means we have to consider what we see and to communicate our understanding of social phenomena’ (Milliken and Schreiber, 2012:687)

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**THE DATE OF NEXT MEETING:  
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If you would like to share your EC research or talk about your research experiences and journey the ECUK Research Community is the place for you

**PLEASE JUST LET ME KNOW**

Drop me an email [[emotioncoachinguk@gmail.com](mailto:emotioncoachinguk@gmail.com)] and let me know what you would like to talk on, and we can make it happen!

**Would you be interested in sharing and shaping these research meetings with me?**

**PLEASE LET ME KNOW AS THIS SPACE AND TIME IS YOUR SPACE AND TIME!**

**Thank you all for your time and contributions**

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