

Midlands Emotion Coaching Interest Group

Anyone with an interest in developing their use of Emotion Coaching is welcome to attend the Midlands Emotion Coaching Interest Group session. The session will provide an opportunity to share practice and learn from each other whilst obtaining updates from Emotion Coaching UK and practitioners in the field.

The session will be held via Teams.

Date: Tuesday 23rd June 2026
Time: 9.30am-12.00pm



We are delighted to welcome Dr Nathalie Hojka, the creator of The Emps.

The Emps are emotion characters designed to translate psychological theory into a shared, accessible language that supports children and adults to understand, explore and respond to emotions.

Drawing on narrative therapy, ACT, mindfulness, emotion coaching and social-emotional learning, The Emps are a flexible, psychologically grounded framework that can be applied across universal, targeted, and individual work.

In this workshop we will:

- explore how we can move beyond regulation tools toward richer more nuanced emotional meaning-making.
- discuss the Emp Gap, the space between noticing an emotional state and truly understanding it.
- explore how The Emps as a tool and a framework bridge this gap by translating established psychological approaches into accessible, relational practice that strengthens emotional language, meaning-making, and co-regulation.
- cover how the Emps are currently being used in schools - talking through the resources currently available and giving practical and real-life examples at a 1-1, small group and whole school level.
- consider how The Emps can enhance the school-home connection, offering parents simple, non-judgmental ways to talk about emotions and build shared understanding.

If you would like to attend, please email adele.thacker@shropshire.gov.uk to register. A 'hold the date' invite will be sent upon registration with the virtual link being sent one week before the session.