



THE CENTRE FOR

EMOTIONAL HEALTH



ABOUT US



THE CENTRE FOR
**EMOTIONAL
HEALTH**



Welcome to The Centre for Emotional Health.

We know that everyone needs good emotional health for themselves as individuals and to enable them to contribute to creating an emotionally healthy culture wherever they are, that's why our vision is everyone living an emotionally healthy life. We would like to see everyone enjoying positive relationships so that they can both contribute to and benefit from emotionally healthy families, communities, schools and workplaces.

Since 1997, we have reached over 1.4m people through our work and have trained over 40,000 professionals who work across communities in local authority services such as Family Hubs, schools, the voluntary sector, health, prisons and faith organisations. Our relationship-centred approach means we work in a collaborative way and in partnership wherever possible.

We work to raise awareness of what Emotional Health is, why it is important and influence policy to create a more emotionally healthy society.

I hope you find this leaflet interesting and helpful and that it prompts you to get in touch to find out more about how we might support you. You can hear more about Emotional Health by listening to our podcast, Emotionally Speaking, which is available on all platforms.



Peter Leonard
Chief Executive

OUR VISION

Everyone living an emotionally healthy life

OUR MISSION

Promoting an approach to life and relationships that equips and supports individuals, families*, communities and organisations to be emotionally healthy

For many years we have provided high quality training courses and resources for professionals working with families, parents and carers, including foster carers and adoptive parents, in a variety of settings. Underpinned by the Nurturing Programme, all our courses and resources develop understanding, skills and the ability to support the development of good emotional health. Our approach is relational and empowering and highlights the link between behaviour and feelings in the context of relationships, and our programmes develop self-awareness, empathy and self-regulation, supporting people to build and maintain positive relationships.

We all need others who will:



*Family for us is an inclusive word and means not only those connected biologically, it can include anyone who is special in our life.

WHAT IS EMOTIONAL HEALTH?

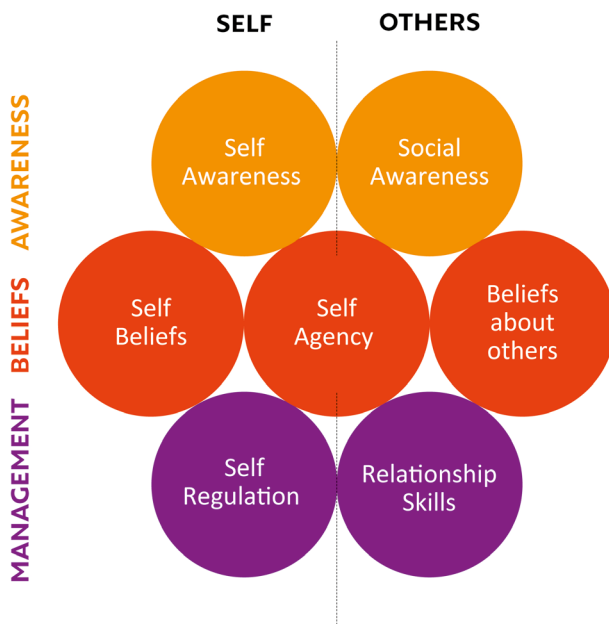
Emotional health is the set of skills and beliefs that shape our thoughts, feelings and behaviours. It is affected throughout our lives by our relationships and our experience of the relationships around us.

What does good emotional health look like?

Good emotional health is being aware of, understanding and managing our whole range of emotions. Positive relationships support us to build healthy beliefs about ourselves and others.

Our evidence-based emotional health model

There are seven components of emotional health, and while each is important within its own right, it's how they work together that forms our emotional health. Having good emotional health supports us with how we feel, think, behave and interact with those around us. These skills and beliefs impact our quality of life as well as providing us with protective factors if we're experiencing physical or mental health problems.



WHY IS EMOTIONAL HEALTH IMPORTANT?

In order to build and sustain healthy relationships, we need to have responsive relationships with others. This is a key component of good emotional health. We also know that a stable, responsive environment is essential in childhood for developing the foundations of resilience and good, lifelong emotional, mental and physical health. ⁱ

16

Emotional health at age 16 is a stronger predictor of mental health and life chances at age 30 than either demographic or socio-economic factors. ⁱⁱ



Children and adults with high resilience resources are half as likely to have a diagnosable mental health condition. ⁱⁱⁱ

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High social and emotional skills at age 10 predict positive adult outcomes, including life satisfaction, wellbeing, labour market success, and good overall health. ⁱⁱ



The most important predictor of adult life satisfaction is emotional health, both in childhood and subsequently. ^{iv}



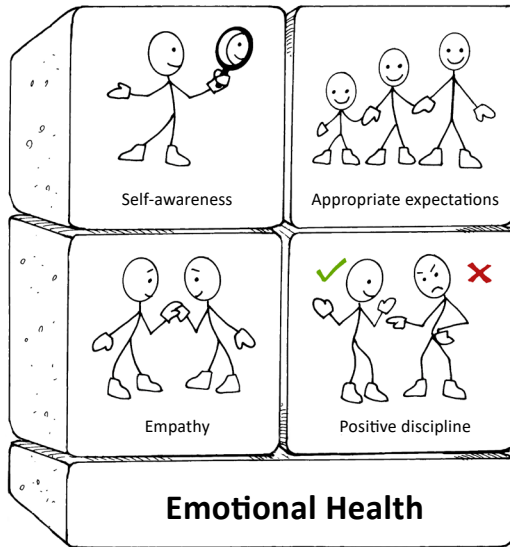
Better self-regulation is strongly associated with mental wellbeing, good physical health and health behaviours, and socio-economic and labour market outcomes. ^v

THE ETHOS BEHIND OUR WORK

All our work is underpinned by the Nurturing Programme which helps to develop the understanding, skills and ability to lead an emotionally healthy life, to build resilience, empathy and self-esteem, and to support positive relationships.

With the Nurturing Programme as the golden thread, all our work focuses on behaviour in the context of feelings and relationships, because we know that feelings drive behaviour.

The Four Constructs of the Nurturing Programme



American psychologist Dr Stephen J. Bavolek originally developed the Nurturing Programme based on his research into family interactions, where he identified destructive parental behaviour patterns. The Nurturing Programme was developed to address these, and it uses the four constructs, as shown above, as the building blocks of healthy relationships: self-awareness, appropriate expectations, empathy and positive discipline.

These four constructs provide the building blocks for all healthy relationships and are fundamental to good emotional health.

While everyone's foundational relationship is with their parents or caregivers, the things we need in order to have healthy and fulfilling relationships are universal.

As a charity, we began with the aim of improving and enhancing family relationships by training practitioners to deliver the Nurturing Programme. Although the four constructs were originally developed within the context of parenting, as our understanding of the importance of emotional health has grown, we have realised these constructs are the building blocks for all healthy relationships and are therefore fundamental to good emotional health.

We also recognised the importance of children receiving consistent messaging about feelings, relationships and behaviour at home and at school, so we developed a parallel school curriculum.

Over the years, countless parenting practitioners and school staff told us that the Nurturing Programme approach had not only transformed the relationships of their parents and students, but that it had improved their own personal relationships and their relationships with colleagues.

We came to realise that while everyone's foundational relationship is with their parents or caregivers, the things we need in order to have healthy and fulfilling relationships are universal. These relationships can be between parent and child, teacher and student, work colleagues, friends and relations. This is how we arrived in our present day form as The Centre for Emotional Health, a national charity whose vision is everyone living an emotionally healthy life.

The Nurturing Programme puts connecting and building trusting relationships first. It is a relational programme which focuses on strengths, partnership and supporting personal power, our emotional strength to get our needs met and make choices in our lives. We understand the impacts of trauma and apply this understanding both to the facilitation of all Nurturing Programme groups, and to the training to deliver these.

"From the time I trained I knew the Nurturing Programme was special and had everything that is needed to support and enrich the lives of families, whatever their circumstances. I have loved every aspect of delivering this programme which has been my rock, as I used the strategies and ethos to carry me through several life challenges that came my way. I know that I am a better and stronger person for having experienced this programme personally and professionally, and I will carry it with me always."

Parenting Practitioner

OUR TRAINING COURSES

We offer a wide variety of evidence-based training courses that focus on emotional health and are based on The Nurturing Programme. As an organisation, our vision is for everyone to live an emotionally healthy life. Our training focuses on developing awareness and the necessary knowledge, skills and strategies that support good emotional health. Many people find that the content is transformative both for their professional practice and in their personal lives. We have decades of evidence of the transformative impact of our training throughout the UK (and beyond).

Some of our training courses enable people to deliver our programmes to parents, from expectant parents to parents of teenagers. Other similar courses are more focused on incorporating our approach into people's everyday work and the benefits this can bring. The training we offer to schools, colleges and universities ranges from supporting staff with their own emotional health, improving parental engagement and empowering students to manage potentially tricky situations themselves.



THE CENTRE FOR
**EMOTIONAL
HEALTH**
HOME OF FAMILY LINKS

Welcome to
The Centre for
Emotional Health
training

Please have a drink
and make a name badge
Thank you!



The content of our training is universally relevant, and it can play a crucial role in fostering positive working relationships and enabling individuals to work to the best of their ability. With a focus on developing emotionally healthy cultures and on good emotional health as a strong protective factor against mental ill-health, it can be an extremely effective way of improving relationships and staff retention, as well as reducing stress and absence levels.

We have trained people in a wide range of settings including the NHS, sports clubs, faith groups, the police and business and third sector organisations.

More information about our training courses and the impact of our work can be found on our website and in our Commissioner Guide to Training.

WHAT PEOPLE SAY ABOUT US AND OUR WORK

“Learning about the importance of attending to our emotional health and having tools to help build our resilience is vital if ministry is to remain life-giving and not become life-denying.”

Bishop, Church in Wales

“For some it has been absolutely life-changing. And for everyone it has been a very positive experience. We can’t sing the praises of the Nurturing Programme enough.”

Parenting Practitioner, Barnardo’s

“The Nurturing Programme has been a life changer. Informative, fun, and eye-opening. I have gained invaluable knowledge and tools that have all improved family life pretty much immediately... I feel empowered to be the best version of myself with the children and the ripple effect of this is vast.”

Dad

“This training is a brilliant opportunity to consider where you are individually and as an organisation. I now feel empowered to make positive changes.”

Family Support Worker

“If the Nurturing Programme was compulsory throughout schools, I think pupils’ empathy towards others, the way they spoke to each other and the way they treated each other, would improve an awful lot. I think it ought to be compulsory, it ought to be on the curriculum!”

School Staff Member

“The topics covered in this training are so important for all aspects of the NHS. It reminded me that we need to stay well in order to look after others. As a result of the training I feel able to encourage my team to speak up, feel listened to and I feel more empowered to help.”

NHS Consultant

“The Centre for Emotional Health approach is so positive, recognising people as individuals.”

Parenting Practitioner

We engage, share ideas and partner with a wide range of organisations including:



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