EMOTION COACHING: A TEACHER’S PERSPECTIVE

by:
Charina C. Dizon
Master Teacher I, MNHS-Camaya

Emotion coaching refers to set of processes that include such elements as talking to the child about the emotions, helping the child to verbally label the emotions being feel, (Gottman, et al 1997, p.6), accepting one’s emotions, intervening with the situations, and forming sensible approaches for coping with these situations.

Teachers play varying role in the lives of the students including as surrogate parents to them, after all school is their second home where they engages outside their immediate family. Teachers nurture students emotionally, physically and even spiritually. They reach beyond student’s intellect, they help to understand what it means to be a good citizen, they support and give advises even personal issues, they tend to comfort them and provide necessary assistance on how to respond in a particular event.

Over the years, society recognizes the teachers are in the powerful position to inculcate beyond cognitive. Learners success including emotional feat is attributable to the teachers compelling engagement.

Truly, teachers immersed in the life of students, they help build a strong emotional character needed in their life’s voyage and in the uncertainty of the society.

References: