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, the voluntary sector, health, Family Hubs, schools, 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 and why it is important and we aim to 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 learn more about Emotional Health by watching our animation **'What is Emotional Health?'** on our website and by listening to our podcast, **Emotionally Speaking**, which is available on all platforms.

Pip

**Pip Collyer**
*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. 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 relevant to all of us. Good emotional health helps us to manage the ups and downs of everyday life and can be a strong protective factor against mental ill health.

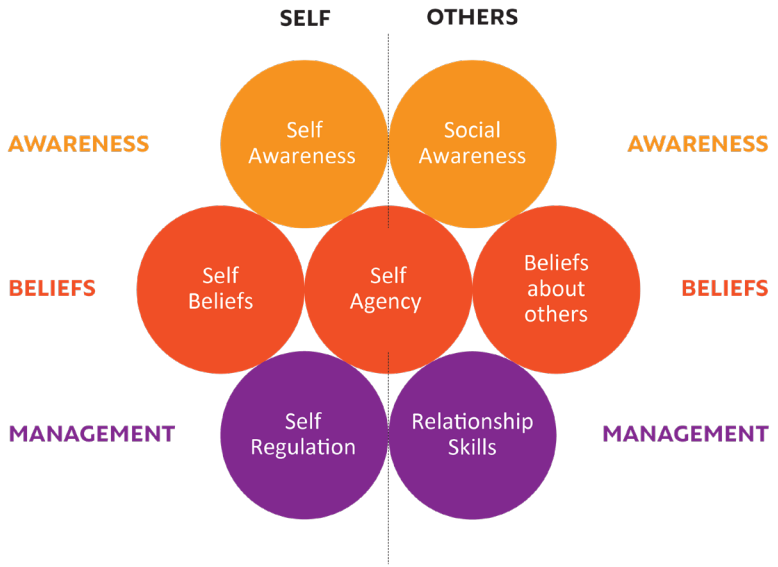
Emotional health is the set of skills and beliefs that shape our thoughts, feelings and behaviours. It is affected throughout our lives by our relationships and our experience of the relationships around us. Having good emotional health is also a crucial element in helping people develop and maintain supportive relationships. This is because our self-agency, the beliefs we hold about others, our social awareness and our relationship skills can all impact the quality of our relationships.[1]

## 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.

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# 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.[2]

**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.[3]

Children and adults with high resilience resources are half as likely to have a diagnosable mental health condition.[4]

**10** High social and emotional skills at age 10 predict positive adult outcomes, including life satisfaction, wellbeing, labour market success, and good overall health.[3]

The most important predictor of adult life satisfaction is emotional health, both in childhood and subsequently.[5]

Better self-regulation is strongly associated with mental wellbeing, good physical health and health behaviours, and socio-economic and labour market outcomes.[6]

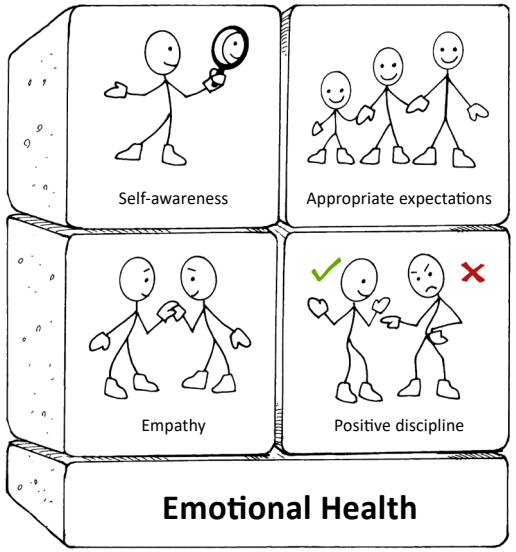
**70%** 7 out of 10 adults in the UK stress the importance of government investment in emotional health education and training.[7]

# 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

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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, previously known as Family Links, 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.

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 impact of trauma and apply this understanding both to the facilitation of all Nurturing Programme groups, and to the training to deliver these.

In the education sector our work focuses on parenting, effective engagement and relationships between schools/education settings and parents. This includes school staff attending our Parent Group Leader and our Working One to One with Parents training, as well as INSET/training days based around engaging and working effectively with parents. We also offer general emotional health training to schools and education settings and work in partnership with other organisations working within the sector.

Over the years, countless parenting practitioners and school staff have told us that The Nurturing Programme approach has not only transformed the relationships of the parents and students they support, but also their own relationships, both personal and professional.

We have come 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 have arrived at our present day form as The Centre for Emotional Health, a national charity whose vision is everyone living an emotionally healthy life.

**"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 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. 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 in the education sector includes supporting staff with their own emotional health and working with schools on relationships and engagement with parents.

The content of our training is universally relevant. In the workplace, we support a wide range of organisations by increasing their understanding of what an emotionally healthy workplace is, its benefits, why it is important and how to achieve it in the context of their own organisation. We explore how to develop an emotionally healthy culture and focus on practical ways of nurturing positive working relationships and enabling individuals to work to the best of their ability.

There is training available from other organisations around how to provide support with mental health challenges in the workplace. Our training focuses on emotional health which is more foundational and preventative, and which may help with the prevention and management of mental ill health in the future. This has the potential to bring huge cost savings – both emotionally and financially - for individuals, workplaces and society as a whole. It can be an extremely effective way of improving relationships and staff retention, as well as reducing stress and absence levels. Another key element to highlight is the positive knock-on effect of a motivated, happy workplace on employees' lives outside of work, including family life.

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

More information about our training courses and the impact of our work can be found on our website.



# WHAT PEOPLE SAY ABOUT US AND OUR WORK

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

**Parenting Practitioner**

"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**

"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**

"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**

"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**

"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**

"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**

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

## REFERENCES


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7. All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 2094 adults. Fieldwork was undertaken 17th - 18th January 2024. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).




## CONTACT US

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