

Emotions Coaching

Explore a dynamic toolkit of emotional insight activities – each one opening a different perspective.



Enroll Today!



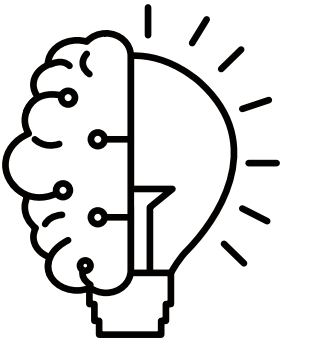
Sheela Hobden
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You Are Not Your Emotions

Emotional Perceptions

Shifts looping or fixed emotional narratives by exploring how we see emotions – and how they see us.

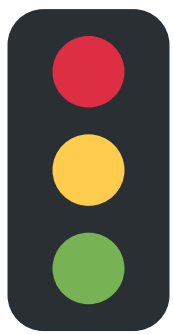


Emotions Identity

Loosens unhelpful attachment by exploring language like “my” or “I am...” to reframe emotional identity.

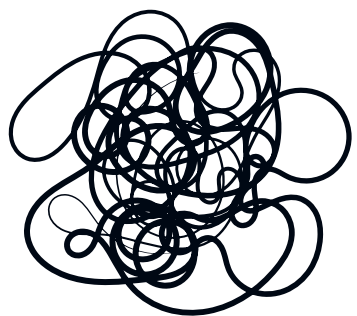


Emotions Are Neither Good Nor Bad



Traffic Lights Activity

Recognise and name emotional states with clarity – like a dashboard for your inner world



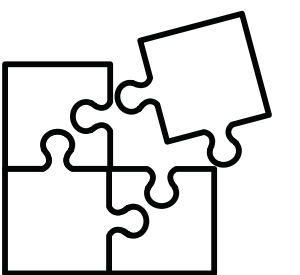
Emotions Coaching Model

Explore a structured route through tricky emotions – ideal when words feel stuck or messy.

Emotions Are Not Always Authentic

Emotional Integration

Explores emotional conflict, especially with others – supporting resolution and internal alignment.



Emotions Constellation

Maps multiple emotions to a single goal or theme – a powerful visual tool for understanding complexity.



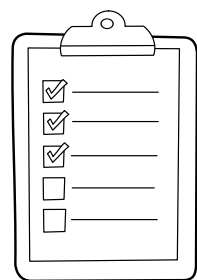
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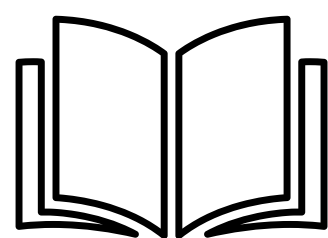


Emotions Are Unmet Needs



ACTION Coaching

Bridges emotional awareness and behaviour – turning feeling into meaningful, values-aligned action.



Emotional Narratives

Surfaces patterns and meaning-making around emotions – helping you rewrite your emotional story

Emotions Are Interlinked

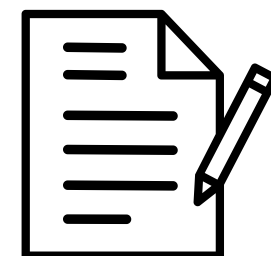
Emotions Visualisation

Creatively visualise emotional patterns – ideal for increasing emotional literacy.



A Letter To

Encourages emotional expression through reflective writing – especially helpful for closure or clarity.

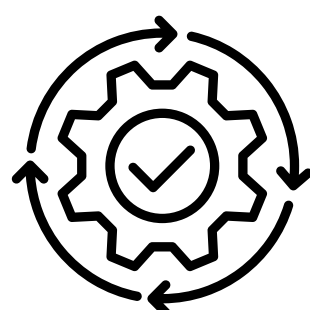


Emotional Freedom



What Emotions do you Want?

Gain clarity on what you want emotionally, and what else needs to be considered to make it happen.



Archetype Identification

Explore what it would take for you to gain emotional freedom. Manage and understand your emotions.

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