



## **Discussion Guide**

### **Theme Four: Be a Great Coach, Not a Dictator**

#### **Suggested Questions**

- What is a typical situation in which you have tried emotion coaching your child?
- Where have you been most successful?
  
- What situations have you been most likely to bribe, threaten, or reward your kids?
- Have you been able to eliminate some bribes, threats or rewards?
- What has worked best for you?
  
- What situations do you need the ERN method for?
- When is it easiest to use?
- When is it most difficult?
  
- Give some examples of situations you've been working on changing this month.
- Which tips do you think will help?
- What's been working so far?



## Tips for Discussion Group Leaders

Are you leading a discussion group for the first time? How great! Here are some things to consider:

- Many people feel nervous if they are the first to arrive, so be sure to arrive a little early so that you can make introductions.
- If your group has more than just a few members, why not have name tags? Even if there is only one person who doesn't know everyone else, think of how much more relaxing it will be for him or her.
- What is going to make your group fun? Are you meeting in a fun place? Going for a hike? Will there be any food and drinks?
- Warm people up with a quick ice-breaker, e.g. have people tell about a happy moment from their childhood.
- Arrange yourselves in a circle, and during the warm-up, have people introduce themselves in the order they are sitting (rather than randomly). That way, the shyer people will be encouraged to speak right away.
- As the discussion leader, be sure to encourage everyone to answer the questions you pose. Similarly, encourage people to refrain from judgment and to be supportive.
- Have fun!