

## Additional Resources for Dealing with Emotions in Coaching

How do you deal with emotions in coaching? Are emotions off-limits? Neuroscience offers evidence that emotions should not be suppressed or denied but should be expressed at the right time, with the right person. Working with emotions as a coach is less about using certain tools and techniques and more about viewing emotions as messengers that can bring new awareness and growth.

Can you address negative emotions? Yes, you can help clients regulate negative emotions and consider the triggers and the resulting bodily consequences. You can allow them to explore and possibly interpret their experience in new ways. And, of course, you can encourage a holistic approach to a healthy mind and body.

We suggest here a few resources to help you further understand the importance of working with emotions while staying within coaching boundaries.

1. *Emotional Agility*, by Susan David, 2016. This book is full of practical ideas from research.
2. The Yale Center for Emotional Intelligence developed the RULER system of emotional intelligence (recognize, understand, label, express, and regulate). This tool is geared toward educational practice, but many coaches will find benefit. <https://medicine.yale.edu/childstudy/services/community-and-schools-programs/center-for-emotional-intelligence/>
3. *Emotional Intelligence*, by Daniel Goleman, 2009. This excellent book explains the importance of emotions in one's life, along with practical advice on how to improve emotional intelligence and how it can become the key to a successful life.
4. *Organize Your Emotions, Optimize Your Life*, by Margaret Moore, 2016. This book, written by a well-respected coach and Harvard Medical School professor, is for people who want to identify, decode, and evaluate the nine basic emotions. It is a good resource for you, as a coach, to gain insight into your own and your clients' needs.
5. *Learned Optimism: How to Change Your Mind and Your Life*, by Martin Seligman, 2006. Seligman is a psychologist, teacher, and author. In this excellent resource, he offers ways that people can unlearn helplessness and instead intentionally learn optimism. This discussion could be helpful when assisting people to reframe their negative emotions around change.
6. *Transforming Trauma: The Path to Hope and Healing*, by James Gordon, 2021. Trauma occurs in minor and major ways. As a coach, you do not go back and "treat" a past trauma, but neither do you ignore its impact on the forward growth of your clients. This practical book is written by a doctor who developed evidence-based ways to recognize and reverse the effects of trauma on our bodies and minds. If your client needs treatment, you will refer them out. However, there are many ways that emotions can have positive and negative consequences on health and well-being.