



UNITED KINGDOM

# Bradford Co-coaching Forum

7<sup>th</sup> December 2017

## Theme

### **Favourite Coaching Books and Personal Business Stories**

## Overview

A chance to share the books that have inspired our coaching practice and share business tips.

## Activities

- Introductions
- An opening round naming anything we needed to park to be truly present in the evening
- A further round acknowledging what had gone well that day
- Sharing our books and discussing them
- Posing and answering business related questions
  - Chemistry sessions
  - Gaining corporate work
  - Moving from pro-bono to paid clients
- A final reflection round identifying learning gained and naming actions we want to take as a result

## Reflections on Learning

- I want to work on how I approach books and read more of what I'm excited about rather than what I think I 'should' read.
- I'm going to revisit some of the books that have meant something to me in the past.
- There are many books, methods and approaches. I'm letting go of using particular tools and methods and concentrating on being myself; picking up tools and techniques and using them as they fit.
- I learn best through experiencing and then reading.

## Resources

### **Books we shared:**

- Life Coaching: A cognitive behavioural approach by Michael Neenan & Windy Dryden
- Co-active Coaching: New skills for coaching people towards success in work and life by Laura Whitworth, Karen Kimsey-House, Henry Kimsey-House
- The Listening Space by Tamsin Hartley
- Executive Coaching: A psychodynamic approach by Catherine Sandler
- Psychological Dimensions of Executive Coaching by Peter Bluckert
- Coaching skills: A handbook by Jenny Rogers
- Time to Think by Nancy Kline
- Clean Language: Revealing metaphors and opening minds by Wendy Sullivan and Judy Rees
- The Action Manual: Techniques for enlivening group process and individual counselling by Liz White
- The Prosperous Coach: Increase income and impact for you and your clients by Steve Chandler and Ritch Litvin
- The Five Dysfunctions of a Team: A leadership fable by Patrick Lencioni

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- The 4-hour Work Week by Timothy Ferriss
- Games People Play: The psychology of human relationships by Eric Berne
- Coaching behind bars: Facing challenges and creating hope in a women's prison by Clare McGregor

## Radio programmes we shared:

- The Glasgow Boys, Radio 4 available here: <http://www.bbc.co.uk/programmes/b09fy5xl>

## TV programmes we shared:

- Storyville: The Work – 4 Days to Redemption, BBC4 (currently unavailable)

## Upcoming Events

- **11<sup>th</sup> January 2018**, 6-9pm, Bradford Co-coaching forum, **Back to Basics**
- **31<sup>st</sup> January**, Story Party Leeds, 7-10pm, Bills, Albion Place, Leeds, **Stories of gratitude**, book via <https://www.eventbrite.co.uk/e/story-party-leeds-i-want-to-thank-you-tickets-41452631938>
- **The Listening Space**, on-line and F2F training events starting in January – see <https://www.thelisteningspace.co.uk/learn>
- **A leadership development opportunity in Liberia** – [www.thebigidea.space](http://www.thebigidea.space) and <https://www.youtube.com/watch?v=bl6iyJZaAns&feature=youtu.be>

All Bradford co-coaching events can be booked via Eventbrite