

Bradford Co-coaching Forum

11th January 2018

Theme
Back to Basics
Overview
An invitation to wipe away our desire to analyse, judge or fix and to take off the flak jacket of perfection, the shield of safety and the visor of certainty. To embrace vulnerability and curiosity whilst we coach. Inspired by Tamsin Hartley's Book the Listening Space.
Activities
<ul style="list-style-type: none"> • Introductions • A reflective exercise involving movement in which we looked back at our practice in 2017, forward to our practice in 2018 and then focused on the present. • Revisiting coaching triads roles, process and best practice • Co-coaching in triads
Reflections on Learning
<p>We were invited to consider the thoughts, feelings, learnings and actions that arose during and as a result of the evening:</p> <ul style="list-style-type: none"> • The landing exercise <ul style="list-style-type: none"> ○ I didn't realise how far I'd come ○ I realised that if you explicitly put something out there, it usually then happens ○ It enabled me to focus on my desires for 2018 ○ I realised that my coaching and my life are intertwined ○ My coaching has helped me through some tough times • Coaching practice <ul style="list-style-type: none"> ○ A really safe space to practice & experiment ○ It's OK to be myself ○ The importance of connections ○ Just do it!
Resources
<ul style="list-style-type: none"> • The Listening Space by Tamsin Hartley
Upcoming Events
<ul style="list-style-type: none"> • 31st 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 • 8th February, 6-9pm, Bradford Co-coaching Forum, Clean Coaching • 20th March, 6-9pm, Leeds Regional Event, Go with the Slow: Supervisory Presence, Robin Shohet – book via https://associationforcoaching.site-ym.com/events/EventDetails.aspx?id=1060949&group
All Bradford co-coaching events can be booked via Eventbrite

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