



Bradford Co-Coaching Forum

Aims

- To provide a safe place to practice develop and share coaching skills
- To promote good practice
- To provide learning, support and encouragement

Membership

The forum welcomes experienced coaches, novice coaches, trainee coaches and individuals genuinely interested in coaching. Those attending the meetings should be willing to contribute to the group in a way that they feel comfortable.

This group is primarily for members of the Association for Coaching. Non-members are welcome to attend for 3-4 sessions before deciding about membership.

Focus

The main focus of the meetings is to practice coaching using a variety of methods depending on numbers. Meetings often have a theme which will introduce new ideas to experiment with during co-coaching.

How we work together

- Confidentiality is maintained within the group / meeting
- Topics used for coaching practice are real issues
- Coaching practice time is divided so that all who wish to participate have equal time to do so
- Members are encouraged to participate fully during the meetings
- Members are encouraged to ask for and offer feedback during coaching practice
- Time is given to reflection on learning and how this might impact practice
- Suggestions for themes to explore and offers to facilitate a themed meeting are encouraged
- Members' privacy is respected and contact details are not shared without prior agreement

Meeting frequency & format

The forum meets every month except August. Meetings run as follows:

18:00	Registration, buffet & networking
18:20	Welcome, updates & introductions
18:30	Theme introduction & landing exercise
19:00	Coaching practice
20:30	Reflection on learning
21:00	Close

For more information contact:

Liz Ford (Chair)

Mobile: 07885 312 895

Email: liz@ford-consulting.co.uk