

Theme
Raising Awareness – Using Psychodrama Techniques
Overview
An introduction to psychodrama and how it can be used in coaching
Activities
<ul style="list-style-type: none"> • Introductions • Landing exercise – visualising your heart • Introduction to psychodrama • Mini demonstration • Pairs exercise - Speaking from an object • Co-coaching using objects
Reflections on Learning
<ul style="list-style-type: none"> • I was reminded how important it is to allow the coachee to move their own objects • We learnt from each other • I built up a way that was congruent with my style and the psychodrama approach • Pressing pause and having input during practice was very helpful and positive • I could use the idea of speaking from an object, rather than about an object, more
Resources
<p>Articles See attached</p> <p>Websites British Psychodrama Association: http://www.psychodrama.org.uk/index.php</p> <p>Videos https://www.youtube.com/watch?v=OdvErKtIVUE</p>
Upcoming Events
<ul style="list-style-type: none"> • 12th April, 6-9pm, Bradford Co-coaching Forum, Focus on Questions • 6th June, 6-9pm, Leeds Regional Event, Motivational Coaching with Lesley Matile, book via https://www.associationforcoaching.com/events/EventDetails.aspx?id=1079372&group • 16th June, 10:00-17:00, Beverley, Asking Questions your Body can Answer with Nick Pole & Tamsin Hartley, book via tamsinhartley@hotmail.com • 19th June, 09:00-16:30, London, AC Masterclass, Coaching CBT with Dr Rob Wilson, book via https://www.associationforcoaching.com/events/EventDetails.aspx?id=1059262&group • July, Sept & Nov, 09:30-16:30, York, Creative and Reflexive Writing In Coaching with Margaret Chapman, book via https://www.eventbrite.com/e/creative-reflexive-writing-in-coaching-for-wellbeing-tickets-44111363275 <p style="text-align: center;">All Bradford co-coaching events can be booked via Eventbrite</p>