

## Theme

### Focus on Practice and Feedback

## Overview

A chance to focus on what the coach wants to develop and an opportunity to contract for feedback.

## Theme Input

We used the following questions to reflect on feedback and to assist us in contracting for feedback in our triads:

- What would you like to develop / practice this evening?
- What feedback would you like to receive?
- Where on the support—challenge continuum would you like it to be?
- How would you like to receive it?
- What would you like the observers to watch out for?
- How will you ask for this?
- How will you prepare yourself to hear this feedback?
- What needs to be in place for the feedback to land?

## Activities

- Introductions
- Check-in – Feelings about practice:
  - Challenged
  - Curious x 3
  - Vacant
  - Reflective
  - Anxious
  - Ready
  - Keen
- Input on triad roles
- Landing exercise – contracting for feedback
- Co-coaching in
- Reflection on learning
- Check-out - Feelings about practice:
  - Encouraged
  - Satisfied
  - Energised
  - Buoyant
  - Feedback-enriched
  - Present
  - Affirmed
  - Relieved
  - Accelerating

# Bradford Co-coaching Forum

## Reflections on Learning

- Hearing feedback from the coachee about their experience and the impact of my questions really helped
- I gained a lot from watching how others coached.
- I'd like to try using movement in my coaching
- I enjoyed contracting for feedback
- I noticed a range of emotions when hearing 'Fly on the wall' feedback
- Knowing what the coach wanted me to observe helped me to give feedback
- It was really helpful to focus on practice and spend time contracting for feedback

## Upcoming Events

- **6<sup>th</sup> June**, 6-9pm, Leeds Regional Event, **Motivational Coaching** with Lesley Matile, book via <https://www.associationforcoaching.com/events/EventDetails.aspx?id=1079372&group>
- **14<sup>th</sup> June**, 6-9pm, Bradford Co-coaching Forum – outdoor coaching, Saltaire
- **16<sup>th</sup> June**, 10:00-17:00, Beverley, **Asking Questions your Body can Answer** with Nick Pole & Tamsin Hartley, book via [tamsinhartley@hotmail.com](mailto:tamsinhartley@hotmail.com)
- **19<sup>th</sup> 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>

All Bradford co-coaching events can be booked via Eventbrite

## Useful AC information for Members

GDPR for coaches: <http://www.associationforcoaching.com/?page=GDPR>

Coaching: An International Journal of Theory, research and Practice: [www.tandfonline.com](http://www.tandfonline.com)

Coaching Perspectives: <https://bit.ly/2ERk5Rv>