

## West Yorkshire Co-coaching Forum

### Meeting Summary

1<sup>st</sup> April 2010

**Facilitator:** Liz Ford

**Number of attendees:** 14

**AC members:** 1

**Non-AC Members:** 8

**Number of new attendees:** 1

**Apologies Received:** 8

**New enquiries received since last meeting:** 2

### Updates, News

- Liz thanked members for coming forward to run introduction sessions and write up the summary of learning. More volunteers are always welcome.
- She mentioned that on a recent teleconference call with other forum facilitators the importance of providing constructive feedback was emphasised. The importance of reflecting on the learning gained from co-coaching and applying back into practice was also discussed and as such questions for reflection are now printed on the back of the CPD certificates.
- We had a brief discussion about the benefits of being a member of the AC. Key points included:
  - On line forums
  - Source of work
  - Advertising of events
  - Access to cheaper indemnity insurance
  - Increasingly if you want to work as a professional coach, you need to be part of a professional organisation
  - Code of practise and ethics – belonging to a professional body shows that you behave ethically and that you have a proper procedure to follow should there be issues
- Liz is happy to answer any further questions about AC membership and to provide membership packs on request. Further information can also be gained from the AC website at [www.associationforcoaching.com](http://www.associationforcoaching.com)

### Introductions

After a brief round of introductions we moved into coaching practice.

### Coaching Practice

We worked as three triads and used the AC Core coaching competencies as a framework to provide feedback. The feedback was structured in the following way:

Feedback from coach first:

- How did it feel?
- What went well?
- What could have been done differently?

Feedback from coachee:

- How did it feel?

- What was helpful and why?
- Was there anything unhelpful and why?

Feedback from observer:

- What did you see?
- What did you hear?
- What did you feel?
- Strengths exhibited by coach (using AC Core Capabilities)?
- What could have been differently?
- Areas for development (1 or 2)?

*Copies of the AC core competencies and a focus on Feedback sheet are available on the resources section of Liz's website at [www.ford-consulting.co.uk](http://www.ford-consulting.co.uk)*

### **Reflections**

- The importance of the observer in helping to be aware of and improve body language: emphasis on noticing and feeding back but not interpreting what was observed
- Helps to become more confident with skills
- Be open to new techniques – learn more
- As the coach, you don't have to know what the issue is for the coachee as long as they are asked useful questions
- Trust the coaching process; allow the coachee to be in their "stuff" and the coach to be out of it
- Energy – there are different energies at work in a coaching session; be aware of what is affecting the energy and the way we work and the process; taking a different position – sometimes go with the energy or challenge the energy, matching energy is sometimes helpful, sometimes not; you can speed things up by the energy in your voice, you can lead the coachee by using your own energy

**Thanks to Ruth Warden for recording the summary and reflections.**

Thanks to all who attended

**Next Meeting Thursday 13<sup>th</sup> May 2010**