



West Yorkshire Co-coaching Forum

Meeting Summary 27th August 2009

Facilitator: Liz Ford		
Number of attendees: 7	AC members: 5	Non-AC Members: 2
Number of new attendees: 0		
Apologies Received: 10	New enquiries received since last meeting: 1	

Updates & News

- Lynda Freeman is getting a team together to organise some AC events in the Yorkshire region. If you are willing to be involved in getting this off the ground please contact Lynda on lyndafreeman@fsmail.net or 07711787080. Ideas for speakers, topics and possible venues should also be sent to Lynda please. I am very pleased that Lynda has agreed to take this on and would encourage you all to get involved in whatever way you can to support her so that we can experience some AC regional events in Yorkshire.
- AC goes global – more info from : www.associationforcoaching.com/memb2/global.htm
- Membership renewal approaches – a good time to join. For more info see <http://www.associationforcoaching.com/memb/memb.htm>
- Aboodi Shabi event at St John’s College, York on 14/09/09 more details from Debbie Connors debbie.connors@virgin.net

Introductions

After some networking and refreshments we opened by taking it in turns to state:

- Our name
- What we were are prepared to give that evening
- What we’d like to get / receive that evening

What I would like to GIVE	What I would like to RECEIVE
• Time to listen	• Observations, insights, different ideas, like minded people and sharing
• Energy to get started	• Blessing to leave & help
• Presence	• Acceptance
• Whatever is within me: warmth, attention	• Being with & presence
• Clarity: making the complex simple	• Ideas and suggestions around keeping relaxed in a stressful job
• Facilitation & a Model for practice	• Feedback on aspects of the self I use in my work
• Energy	• Energy from being with others

Coaching Practice

Liz then had to leave the meeting so John kindly continued the facilitation by sharing the model he uses for supervision: **Steve Page & Val Wosket: Cyclical Model**.

This is a 5 stage cyclical model:

1. **Contract** - Clarifying time available and aim of work together
2. **Focus** - What particular aspect of your work do you want to explore?
3. **Space** - Creative space: open to any aspect of dialogue & self reflection
4. **Bridge** - How might you take back into your work what we have discussed?
5. **Review** – Mutual reflection on the process and how we responded to events

The group then split into two triads for coaching practice. Both triads experimented with using the model for coaching and also for providing feedback.

Reflections

A group discussion was had at the end of the evening as to how the model worked. The general feedback was it was a good model and can be a valuable tool as it opens up channels of reception. It also made it possible to see patterns emerging, which can help the client.

Some thought it was difficult to work with the 'space' stage, whilst others thought this flowed naturally. The 'review' stage seemed to be the most challenging to cover either because it was difficult to fit in, or it felt uncomfortable. As this could be a stage of most learning, the group thought that by asking a different question the session would flow better. I.e. instead of 'How was the session for you?' or 'how did I do?' the emphasis is more on disclosure: 'During the session, when you (or I) talked about, I noticed ... Etc'.

Everyone felt very energised by the evening.

Thanks to John for facilitating the evening, Lynda for helping with summary notes and all who attended

Next Meeting Thursday 1st October 2009