



## West Yorkshire Co-Coaching Forum

### **Aims**

- To provide a safe place to practice and receive coaching
- To facilitate skill sharing and development
- To promote good practice
- To provide peer supervision and feedback (through co-coaching)

### **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.

Membership of the Association for Coaching is not required to attend meetings but membership of a professional coaching body is encouraged.

### **Focus**

The main focus of the meetings is observed co-coaching using a variety of suitable methods depending on numbers. Occasionally meetings will focus on a particular topic of interest, conference update or similar.

### **Responsibilities**

- Confidentiality is to be 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 willing to offer and receive constructive feedback during coaching practice sessions
- Offers to run a special interest workshop or present conference / course feedback are encouraged
- Member's privacy is respected and contact details are not given outside the group without prior agreement

### **Meeting frequency & format**

The forum meets 6 weekly. The meetings start at 6pm with a light buffet and a chance to network. This is followed by a short welcome and update session prior to splitting for 2 hours coaching practice. The meeting closes at 9pm following a short round up session.

For more information contact:

**Liz Ford** (Chair)

Tel: 01535 275 451

Mobile: 07885 312 895

Email: [liz@ford-consulting.co.uk](mailto:liz@ford-consulting.co.uk)