

## West Yorkshire Co-coaching Forum

### Meeting Summary

12<sup>th</sup> January 2012

**Facilitator:** Liz Ford

**Number of attendees:** 6

**AC members:** 4

**Non-AC Members:** 2

**Number of new attendees:** 0

**Apologies Received:** 6 **New enquiries received since last meeting:** 1

### News

#### **AC**

- The next regional event will be on Tuesday 27<sup>th</sup> March from 6-9pm at the Holiday Inn, Garforth, Leeds. The topic will be Cognitive Behavioural Coaching delivered by Gladeana McMahon. Booking is available via AC website at <http://bit.ly/9giGQ2>. Please publicise this as widely as you can so that we can ensure a great turnout. This topic may well be of interest to non coaches (nurses, GPs, counsellors, therapists...) so please tell anyone you know who may be interested.
- Our co-coaching forum dates for 2012 are:
  - Thursday 23rd February
  - Thursday 29<sup>th</sup> March
  - Thursday 10<sup>th</sup> May
  - Thursday 14<sup>th</sup> June
  - Thursday 12<sup>th</sup> July
  - Thursday 13<sup>th</sup> September
  - Thursday 25<sup>th</sup> October
  - Thursday 6<sup>th</sup> December

All meetings will run from 6-9pm at the Midland Hotel, Bradford.

- The next AC UK national conference will be in Edinburgh on Friday 22<sup>nd</sup> June. Further details will be available soon on the AC website.
- Non-members are encouraged to seriously consider AC membership. Liz is happy to answer any questions about AC membership and to provide membership packs on request. Further information can also be gained from the AC website: [www.associationforcoaching.com/memb/memb.htm](http://www.associationforcoaching.com/memb/memb.htm)

### Introductions – Led by Ailie Kerrane

- Ailie invited us all to tell the group what our name was and to share any story linked with our names. We then worked together to find three things that we all had in common. After some discussion we discovered that all six of us have a sibling, we all own a pet and we've all visited Spain.

### **Forum Discussion**

Liz explained that some forums in other parts of the country have difficulty encouraging members to fully engage with the co-coaching concept. As our forum does it so well, she wondered how we could help others to realise the benefits we experience. She asked those present to consider the following questions:

- How do we feel coaching in front of our peers?
- How do we make it safe?
- What makes our forum work?
- What benefits do you experience?

Answers given included:

- I feel a bit anxious about being observed but the value I gain outweighs this
- There is so much value in each role (observer, coach and coachee) that I enjoy them all
- The positive way in which feedback is given make observation really worthwhile
- There is some anxiety but I think that's just normal
- The group feels a really safe place to experiment
- The group is very friendly so I feel happy to be a part of it
- The group is very open about its clear focus on practice so we know what we are coming for
- We discuss what feedback is wanted and how to give it and that has helped me
- I've gained confidence in my ability
- I feel energised after meetings
- I really appreciate the feedback given as it helps me to improve
- It's a great way to keep my coaching skills fresh

If you have other things to add to these answers please do! Send your thoughts in an email to: [Liz@ford-consulting.co.uk](mailto:Liz@ford-consulting.co.uk)

### **Coaching Practice**

We worked in two triads using a variety of methods.

### **Reflections - Recorded by Liz Ford**

- Transference can be really strong so having an observer in the triad helps us all to notice this
- I've learnt that it could help to be more explicit with my questions e.g. "How can I help you with this?"
- It's OK to get off the tram lines and follow your intuition
- It feels good to change mode and go with something flexible that fits the coachee's need
- It's important for the coach not to collude
- Using visual sculpting with coins helped in a complex situation
- Refocusing the client on their original objective was beneficial
- The seating position of us all was important and changing it made a real difference to the session

**Thanks to all who attended and especially to Ailie for running the opening session**

**Next Co-coaching Meeting Thursday 23<sup>rd</sup> February 2012**