

West Yorkshire Co-coaching Forum

Meeting Summary

16th June 2011

Facilitator: Liz Ford

Number of attendees: 9

AC members: 4

Non-AC Members: 5

Number of new attendees: 2

Apologies Received: 7

New enquiries received since last meeting: 0

News

AC

- **The next Yorkshire regional event is Wednesday 29th June** at the Holiday Inn, Garforth, Leeds. Aboodi Shabi will be talking about the Art of Masterful Coaching. For more information and to book a place see <http://bit.ly/9giGQ2>
- The next calls to assist AC members with the new accreditation scheme will be held on Monday July 11th at 9am and Tuesday July 19th at 4pm. Please contact Karen Blake at karenb@associationforcoaching.com to book a place.
- The AC conference will be held in London on 14th July. For more information and for booking click here: <http://www.acukconference.com/home/index.htm#section-1>
- 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

General

- Vera Woodhead is organising a Yorkshire Coaches connect day in Leeds on July 22nd. For more information see: <http://bit.ly/meZt4i>
- Lucy Ryan, who spoke at our first Yorkshire Regional Event, is going to be running a 2-day masterclass on positive psychology in Leeds on 22nd & 23rd September. More information is available at: <http://bit.ly/in6JTG>

Introductions – Led by Jim Traynor

Jim showed us this YouTube video - http://www.youtube.com/watch?v=IGQmdoK_ZfY Some of us had seen a similar one before but all got something from seeing this one. It reminded us to be open to seeing new things and how sometimes concentrating on the same old things might mean we miss opportunities or new ideas/information. We had a brief discussion about how this learning might impact on our coaching practice this evening as we adopted each role.

Coaching Practice

We worked in three triads for coaching practice lasting about 90 minutes.

Liz F made several creative resources available for all to use if they wished.

Resources / techniques used included:

- Lucy Ryan's Strength Cards (available from <http://bit.ly/9SwbBc>)
- A SensAble Friend Coaching Cards (available from <http://bit.ly/mqOMUU>)
- Mind mapping
- Clean questioning

Reflections - Recorded by Liz Ford

- It was interesting to use different resources to those I normally use
- I found that the picture cards helped the coachee to focus
- I tried mind mapping with great results
- We noticed a difference between the cards with words and those with pictures. Each offered something different but helpful
- It was great to be able to practice with the cards
- We became more aware of pacing and how this could be changed to assist the coachee

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

Next Co-coaching Meeting Thursday 21st July 2011

Regional Event with Aboodi Shabi – 29th June 2011