

## West Yorkshire Co-coaching Forum

### Meeting Summary 31<sup>st</sup> March 2011

**Facilitator:** Liz Ford

**Number of attendees:** 7

**AC members:** 5

**Non-AC Members:** 2

**Number of new attendees:** 1

**Apologies Received:** 13

**New enquiries received since last meeting:** 1

#### News

##### AC

- The March Regional Event went very well. The next one is planned for Wednesday 29<sup>th</sup> June 6-9pm and will be held at the Holiday Inn, Garforth with Aboodi Shabi as the speaker. Further details to follow.
- AC members were reminded that they can access regular free supervision and accreditation teleconference calls. These are advertised on the AC on-line forum.
- 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)

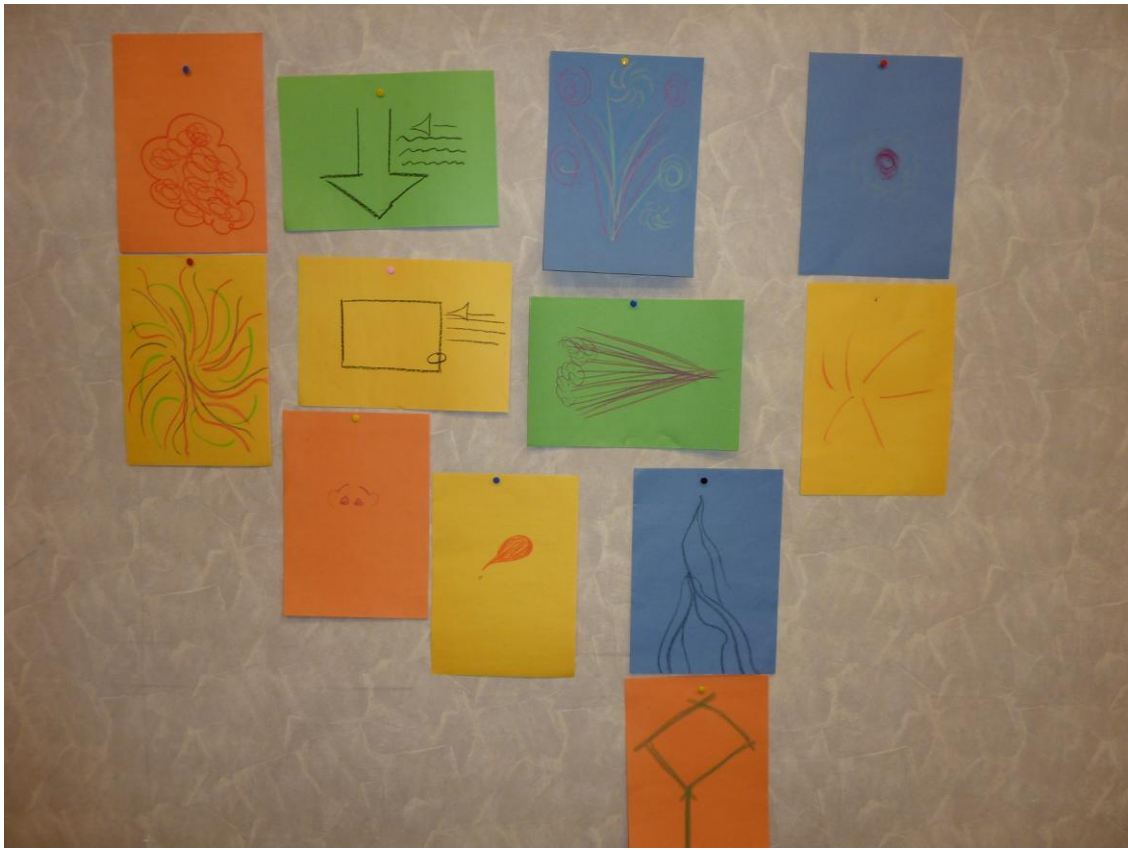
##### General

- Yolande Armstrong is running EFT workshops in the Cottingley area during May – see [www.refocus-coaching.co.uk](http://www.refocus-coaching.co.uk) for more information
- Leeds Business School are holding a “Coaching in Action” workshop on 18<sup>th</sup> May for people interested in doing an MA in Business and Executive coaching. Contact [v.hart@leedsmet.ac.uk](mailto:v.hart@leedsmet.ac.uk) for more details.
- Liz Ford and 3D Coaching are running a Career Makeover Masterclass in Bradford on 15<sup>th</sup> June. This is aimed at people who have lost their jobs or who are at risk of redundancy or who just fancy a change of direction. If you know someone in this situation please let them know of this low cost (£50) event. Further details at <http://bit.ly/eVRu5P>
- Krys Gadd is planning further accelerated learning trainer workshops for the summer. See [www.krystynagadd.co.uk](http://www.krystynagadd.co.uk) for more information

#### Introductions – Led by Liz Dunphy

Liz D spread lots of coloured pieces of paper on the floor and invited us to choose a colour that matched our current mood/feelings. She then asked us to choose another to represent how we would like to feel at the end of the session. Coloured chalks and pastel crayons were also available and we were encouraged to create an abstract representation of our before and after feelings on each sheet of paper.

We then split onto two small groups and shared what we wanted about our pictures to introduce ourselves. The pictures are shown below:



### **Coaching Practice**

We decided to stay in our small groups, a triad and a quad, 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:

- The before and after drawings
- Pure clean language
- A bag full of small toys
- Landscape photos
- Lucy Ryan's Strength Cards
- Straight forward questioning

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

#### **Learning**

- Using the strengths cards enabled the resolution of an emotional issue without getting upset
- The words on the cards spoke to the coachee more than the pictures
- I found the feedback from the observers very helpful
- It was great to try something completely new
- This is a lovely safe environment in which to experiment
- It took courage to try something new but I loved it and will definitely now be more creative with clients
- It's fascinating to see how different people think – some internally and some externally

**Thanks to all who attended and joined in so energetically**

**Next Meeting Thursday 12<sup>th</sup> May 2011**