

West Yorkshire Co-coaching Forum

Meeting Summary

12th May 2011

Facilitator: Liz Ford

Number of attendees: 7

AC members: 9

Non-AC Members: 5

Number of new attendees: 1

Apologies Received: 7

New enquiries received since last meeting: 2

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>
- 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

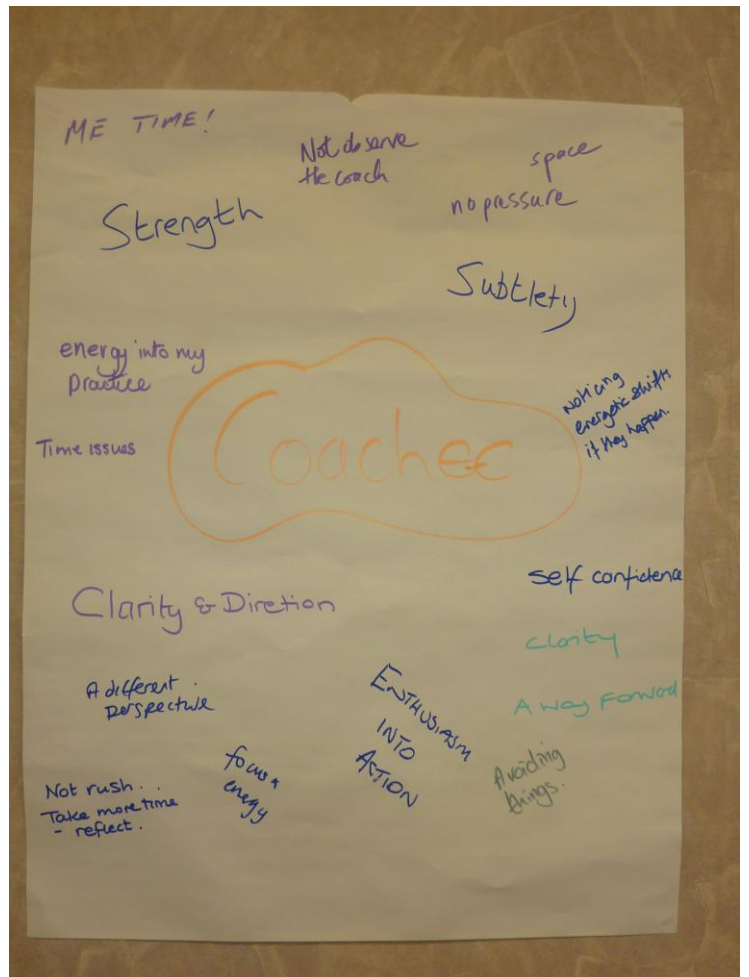
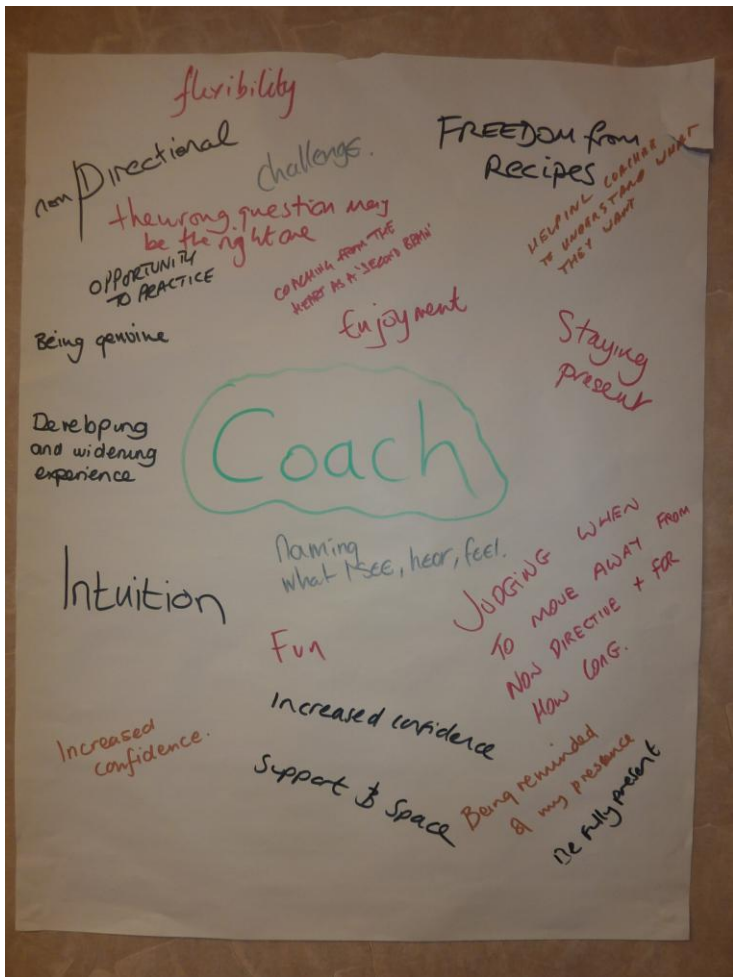
General

- Liz Ford and 3D Coaching are running a Career Makeover Masterclass in Bradford on 15th 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>
- The BAPC is holding a coaching conference in London on 17th June. For more information see: <http://bit.ly/j4woiU>
- Vera Woodhead is organising a Yorkshire Coaches connect day in Leeds on July 22nd. For more information see: <http://bit.ly/meZt4i>
- Helen Chapman has created three lovely little books looking at Being Resilient, Letting Go and Being Effective. They are clear and simple and great for giving to clients. Have a look at <http://bit.ly/jTwbm7>

Introductions – Led by Liz Ford

Liz placed three sheets of flipchart paper around the room with the headings coach, coachee and observer. Coloured pens were placed at each station and all present were invited to consider what they wanted to develop in each of these roles tonight and write their thoughts on the sheets of paper.

After a few minutes everyone was invited to introduce themselves and share one thing that they'd like to try, practice or develop during the co-coaching. The flipchart sheets were photographed and are shown below.



Coaching Practice

We worked in two quads and two 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:

- A bag full of small toys
- Landscape photos
- Lucy Ryan's Strength Cards
- A SensAble Friend Coaching Cards
- Mind mapping
- Mindfulness relaxation / breathing
- Straight forward questioning

Reflections - Recorded by Rona Midgley

- Using photos as the coachee with a trusted coach was really enlightening and brought out deep meaning and a very positive experience
- As a coachee using the 'Sensible Friend' cards was very helpful, as was the relaxed atmosphere of sitting on the floor with shoes off. Cards they wouldn't normally gravitate to made them think differently.
- Got help about time management and doing the reflective observation was strange but really helpful.
- In quad with two observers found they had different takes on what they'd observed which was useful as there were two viewpoints. Fed back one from the coach point of view and one from the coachee point of view as observers.
- Quad takes pressure off as an observer who might feel uneasy providing feedback to more experienced coaches. Powerful technique, less threatening. Shifts from fear of judgement to dialogue.
- As a coach can use tool of 'I noticed this...'
- They used different words and methods but all coaches were heading in the same direction.
- If intent is there to help the coachee it'll happen.
- Used little toy figures as a container for the session, something to focus on in the session.
- Coach followed trigger from coachee and got positive outcome, had no plans to go down this route
- Don't worry, get beyond judgement and just do it, don't constrain yourself, go with intuition.

Thanks to all who attended and especially to Rona for writing up our reflections

Next Meeting Thursday 16th June 2011