

## West Yorkshire Co-coaching Forum

Meeting Summary  
20<sup>th</sup> October 2011

**Facilitator:** Liz Ford

**Number of attendees:** 3

**AC members:** 4

**Non-AC Members:** 7

**Number of new attendees:** 5

**Apologies Received:** 8

**New enquiries received since last meeting:** 3

### News

#### **AC**

- The next Yorkshire event will take place on Wednesday 9<sup>th</sup> November at the Holiday Inn, Garforth, Leeds from 6-9pm. The speaker will be Dr Mart Batey who will be speaking about "Creativity – The fundamental leadership trait: The essential guide for coaches. Bookings are now being taken on the AC website [www.associationforcoaching.com](http://www.associationforcoaching.com)
- AC members are now able to get 20% discount on all Open University Press coaching books. Please see the recent email update for the discount code or contact me
- AC members can also get discounts on professional indemnity insurance with the following companies:
  - Howden Insurance ([www.howdenpro.com](http://www.howdenpro.com))
  - Oxygen City Exchange ([www.oxygeninsurance.com](http://www.oxygeninsurance.com))
  - Towergate ([www.towergateprofessionalrisks.co.uk](http://www.towergateprofessionalrisks.co.uk))
  - Westminster Indemnity ([www.westminster-indemnity.co.uk](http://www.westminster-indemnity.co.uk))
- The AC celebrates their 10<sup>th</sup> anniversary next year and are asking for ideas about how you'd like to mark this occasion. If you have any ideas, special events you'd like to attend or specific speakers you'd like to hear then please let Liz know or Annabel Harper at the AC via [annabel@associationforcoaching.com](mailto:annabel@associationforcoaching.com)
- 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 Jan Melloy

Jan spread a variety of pictures on the floor and invited us to pick one that drew our attention to it. We then took it in turns to say our name and what the picture meant to us and our coaching practice.

### Coaching Practice

Liz introduced the coaching practice session by outlining the roles involved (coach, coachee and observer/s) and a structure for providing feedback. She emphasised that the purpose was to practice coaching rather than to be coached, although this is a very welcome by-product.

We then worked in two quads and one triad for 90 minutes coaching practice.

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

- Working in quads was a new exercise to a few but really appreciated
- Tools and techniques should complement our skills rather than take over
- For some using coaching cards felt artificial
- Getting out of my seat and moving around (as coachee) really helped and I wonder if I could use this more with my clients.
- Posture and body language can be perceived positively and negatively. It's important for us as coaches to be aware of how our posture might be perceived by our clients. A posture viewed as relaxed by one may be viewed as passive / aggressive or provocative by another.
- I learnt that I want to try to interrupt less
- Styles vary but can each take a coachee down a valuable path
- It's amazing how much can be done in a relatively short time
- Some coaches were using their intuition to guide the sessions, rather than a formal structure, and it was lovely to observe
- Brining your whole self as coach really works
- I found it really refreshing to coach people outside of the scenarios I usually find myself coaching

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

**Next Co-coaching Meeting Thursday 1<sup>st</sup> December 2011**