

West Yorkshire Co-coaching Forum

Meeting Summary
15th September 2011

Facilitator: Liz Ford

Number of attendees: 3

AC members: 3

Non-AC Members: 2

Number of new attendees: 1

Apologies Received: 17

New enquiries received since last meeting: 1

News

AC

- The next Yorkshire event will take place on Wednesday 9th 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. Booking will be taken soon on the AC website.
- A reminder that the AC offers free accreditation support calls for AC members working towards accreditation. The next ones will be on 22nd September at 4pm and 27th September at 12pm. To book a place contact Karen at karenb@associationforcoaching.com
- The latest edition of the AC bulletin is now available from the AC website at <http://bit.ly/o8ggcp>
- 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

Introductions – Led by Liz Dunphy

Liz introduced the idea of curiosity and invited each person to briefly introduce themselves and then to ask another member of the group a question about themselves. Something they had picked up on during the networking stage and were curious about.

Coaching Practice

We worked together as a group of five and did two rounds of speed coaching. In each round we had one coachee and four coaches who each coached for a timed 5 minutes. When not coaching, the coaches also acted as observers. At the end of each round we had a debrief from coachee, coaches and observers.

Reflections - Recorded by Liz Ford

- We noticed how useful it was to be an observer as well as a coach during a session with a coachee and wondered how we could do more of this with our clients. How can we “press pause” and be an observer as well as a coach during a coaching session?
- We all had different styles but the coaching flowed
- Honesty is important – say how you feel if you’re stuck
- Some questions may be “too big” at the beginning of a session
- How do we tune into when to stop in a session?

- Are we confident enough to close a session when the client has got to where they need to be even before their time is up?
- How do we enable our clients to say when they've had enough?
- We discussed how the use of "but" might impact on a client and what could be said instead

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

Next Co-coaching Meeting Thursday 20th October 2011