

Theme

Outdoor Coaching - An opportunity to use the outdoors to inspire coaching

Overview

- Getting out of the office can be freeing for both coach and coachee
- Answers are everywhere – streets, green space, countryside...
- Movement helps us think
- There is a difference between just coaching outdoors and using the outdoors as inspiration
- Key themes of street wisdom:
 - Attention
 - Intention
 - Connection

Activities

- Introductions
- Tune in walks
- Quest coaching in pairs
- Reflection on process
- Discussion on learning gained

Reflections on Learning

- It was great to be outdoors
- Taking inspiration from our environment added a deep richness to the work
- The tune-in exercises were beneficial to coach and coachee
- I could see a real benefit from taking some of my clients outdoors

Resources

Articles

http://www.fletcherprentice.com/resources_articles_coachingoutdoors.htm
<http://www.newyorker.com/tech/elements/walking-helps-us-think>
<https://www.psychologytoday.com/gb/blog/minding-the-body/201608/walking-can-lift-your-mood-even-when-you-dont-expect-it>

Websites

www.streetwisdom.org

Videos

www.youtube.com/watch?v=cvFUUJXzjtg
www.youtube.com/watch?v=xYIAIpHjlsW

Radio Clip

http://www.bbc.co.uk/programmes/p04d7860?ns_mchannel=social&ns_campaign=bbc_radio_4&ns_linkname=radio_and_music

Upcoming Events

- **12th July**, 6-9pm, Bradford Co-coaching Forum – Models, Methods and Merriment, St Ives, Harden

Bradford Co-coaching Forum

- **July, Sept & Nov, 09:30-16:30, York, Creative and Reflexive Writing In Coaching** with Margaret Chapman, book via <https://www.eventbrite.com/e/creative-reflexive-writing-in-coaching-for-wellbeing-tickets-44111363275>

All Bradford co-coaching events can be booked via Eventbrite