



Bradford Co-coaching Forum

Theme

Embodied Coaching

Overview

A follow-on session from the recent regional event on Embodied Coaching offering a chance to practice more with the concept.

Activities

- Group introductions
- Meditation – body scan
- Introduction to theme
- Short demonstration of embodying an issue
- Practice and feedback in quads
- Choosing our best reflection position
- Noticing what our bodies know about what we'd learnt
- Collating and then sharing our thoughts

Reflections on Learning

- I want to notice and use bodies and movement more in my work
- It's important to figure out how to explain this and contract well for it with clients
- I was energised and excited by the physicality of this method
- It was a great way of introducing playfulness and flexibility
- I need to rest
- Embodying how I felt was powerful, especially when I saw it mirrored back
- It's a good way to help coachees get out of their heads

Resources

Book:

- Mindful Coaching by Liz Hall

Videos:

- Returning to centre: <https://www.youtube.com/watch?v=vmn-PweIE2w>
- Embodied leadership: <https://www.youtube.com/watch?v=b2ZsqfXWDkY>

Courses:

- Embodied Coaching and the Inner Critic, Leeds, 1st March 2019 see www.creativeexpansion.co.uk

Website:

- www.creativeexpansion.co.uk

Upcoming Events

- **8th November** - Bradford Co-coaching forum – What's in the system
- **6th December** - Bradford Co-coaching forum – Models, Methods and Merriment

All Bradford co-coaching events can be booked via Eventbrite