

Annual SW Coaching and Mentoring Conference 26 June 2018, Taunton Racecourse

09:15	Arrival and refreshments				
09:30	Welcome and Introduction: Bryony Houlden, SW Councils				
09:35	Keynote Presentation: The Art of Masterful Coaching – Coaching to the Soul Aboodi Shabi				
10:20	Short break				
Workshops: Session 1					
10.30	Aboodi Shabi Creating Connected Presence	Dr John Mervyn-Smith & Nathan Ott GC Index The 21 st Century Coach	Hazel Russo Lumination: A Coaching Board Game in Action!	Michelle Lucas and Carol Whitaker Peer Supervision: A versatile guide	Erica Sosna Career Coaching: The Good, The Bad and The Ugly
11:40	Short break and Refreshments				
Workshops: Session 2					
11.50	Aboodi Shabi Working with Moods and Emotions in Coaching	Dr John Mervyn-Smith & Nathan Ott GC Index The 21 st Century Coach	Halina Jaroszewska & Isla Baliszewska Every role tells a story	Michelle Lucas and Carol Whitaker Peer Supervision: A versatile guide	Erica Sosna Career Coaching: The Good, The Bad and The Ugly
1 pm	Lunch and networking				
Workshops: Session 3					
2 pm	Aboodi Shabi Expanding Your Range as a Coach – Working with the Archetypes in Coaching	Dr John Mervyn-Smith & Nathan Ott GC Index The 21 st Century Coach	Hazel Russo Lumination: A Coaching Board Game in Action!	Brett Sadler The Titanic, The Butterfly and U	Carole Davidson Here come the new kids on the block – coaching the younger workforce
3.10	Short break and Refreshments				
3.20	Closing Keynote: Oddly Simple: Unlearning, to become a great coach Clare Norman				
4.20	Closing Remarks Bryony Houlden				
4.30	Close				

Keynote Speakers:

Aboodi Shabi: The Art of Masterful Coaching – Coaching to the Soul

What is the role of coaching in the challenging times in which we live? Is it just about helping people achieve their goals? Is it about helping people to find solutions to their problems?

I passionately believe that it's about something much bigger than that – coaching speaks to the turbulence of the human soul. That's what we'll be exploring both in this opening plenary, and through-out the day.

Clare Norman: Oddly Simple: unlearning, to become a great coach

We know that simplicity in coaching leads to deep transformation. As we develop greatness, much of our development is at odds with what we have always believed.

In this provocative keynote, Clare Norman will present 3D's counter-cultural philosophy as she shares what makes a great coach and adds value to those with whom we work. This philosophy may sound odd compared to what you've always believed, and it will simplify and turbo-charge your coaching!

Workshop Session 1: 10:30 – 11:40

Aboodi Shabi: Creating Connected Presence

What does it mean to be fully present, both to ourselves and to others? In this session, we'll explore how to increase your capacity to connect to others, by being more fully connected to yourself. In this experiential session, we will be looking at how to build presence, how to re-connect to ourselves, to honour our intuition, so that we can connect to others in a more authentic way, without losing ourselves in the process.

Or

Dr John Mervyn-Smith & Nathan Ott, GC Index: The 21st Century Coach

Designed for those Coaches whose assignments tend to sit within the broader context of talent management and organisational change. The 21st Century Coach needs to be at the forefront of the latest thinking about the management of diverse talent. The successful coach will see their assignments within this challenging context of helping organisations to make the very best of the talent that they have.

This session, referencing case studies, will focus upon how the successful coach can use The GC Index®* to:

- Understand diverse talent and leadership using a language and framework that defines talent in terms of proclivity: the different ways in which people can make a contribution to, and impact upon, an organisation.
- Expose the myth that is 'one dimensional leadership', a myth that stifles the work of the coach, namely that all successful leaders look the same.
- Bring a clear focus to helping others develop strengths and potential strengths while managing limitations.

About the GC Index: *The GC Index® is an organometric and the first digital instrument to identify Game Changers and the game-changing contributions that everyone can bring to successful change. Based upon rigorous research, it helps us understand the potential impact of individuals and compose teams that really 'change the game' and deliver growth.

- The GC Index® framework helps organisations to:
 - Assess how individuals are going to make their best impact both individually and collectively.
 - Create 'game-changing teams' and 'safe to fail cultures'.
 - Create talent management frameworks that are genuinely inclusive and drive tangible business impact.

'Not everyone can be a Game Changer but everyone can make a Game-Changing impact...'

Or

Hazel Russo: Lumination: A Coaching Board Game in Action!

This will be a highly interactive session where you will have the chance to experience this fun and powerful board game first-hand. Lumination is designed to shine a light on any issue and to develop coaching skills across organisations. Hazel will cover the background to Lumination, explaining how it works and how it can be applied in a range of coaching, facilitation and supervision settings. You will have the opportunity to reflect on a current challenge or issue using Lumination in a large group session facilitated by Hazel. There will be plenty of opportunity for questions.

Delegates will come away having:

- Explored the power of metaphor and play in a coaching context
- Experienced group coaching in practice
- Had the opportunity to reflect on a current challenge and gain insight

Lumination is currently being used by a wide range of organisations to support leadership development, coach training, group coaching and coaching supervision.

Or

Michelle Lucas and Carol Whitaker: The Language of Contracting

As a coach we all know the importance of creating the Contract with our clients so that there is clarity about how coaching will work. Inevitably though, as we begin to work together we realise that there are things happening that we didn't foresee, forgot to mention, or which are unique to this partnership and need discussion or re contracting . Discussing matters which relate to the Contract requires us to have good contracting skills. We believe that to do this well, we need to develop a very particular language which is free from judgement or opinion, keeps rapport, avoids collusion and ensures all parties take appropriate responsibility.

In this interactive workshop we will explore some coaching situations where a re-contracting conversation is needed. There will be opportunities to practice what you would say to draw attention to the need to re-contract and to then discuss and agree an updated contract.

This workshop is based on one chapter of our new book - Peer Supervision in Coaching & Mentoring. Participants at this workshop are entitled to ...

Or

Erica Sosna: Career Coaching: The Good, The Bad and The Ugly

The world of work is changing. Our aspirations are changing. We want to find work we love and feel fulfilled. We want to work where we want and on our terms. As a coach, career coaching is an exciting growth area and one where the impact of your work is both substantial and rewarding. Join career navigation expert, Erica Sosna for this practical session where she will share tools to help clients redesign their working life and plan for a career change. Erica will share stories of how her company has taken this work into organisations, delivered both in person and online and helped all kinds of people from all kinds of backgrounds find the work they love or love the work they have.

Workshops session 2: 11:50 – 13:00

Aboodi Shabi: Working with Moods and Emotions in Coaching

As coaches, we often work with supporting our clients in taking actions towards their goals. Moods and emotions, as *pre-dispositions for action*, are critical in shaping our capacity for action. We will be looking at moods and emotions from this perspective, and explore how to be present to, and to work with, clients' moods and emotions to expand their capacities for action.

Or

Dr John Mervyn-Smith & Nathan Ott, GC Index: The 21st Century Coach

As above

Or

Michelle Lucas and Carol Whitaker: Peer Supervision: A versatile guide

As above

Or

Halina Jaroszewska & Isla Baliszewska: Every role tells a story- Stories within stories: Roles within roles

Explore how to adopt a fresh coaching approach to understand communication within an organisation.

Every individual, every role, every team, every organisation is a story and tells a story. Every individual, every role, every team, every organisation is a system. As coaches and mentors what are our roles and stories within these systems?

- What is the story to be told, the outcome to achieve?
- What would be the evidence and most importantly how would you recognise the evidence?
- What are the patterns which keep an individual, role, team or organisation stuck?
- How can you spot these?

- How can you identify changes that need to be made and implement them?
- How will you make this happen?

In this workshop you will discover the stories that support or sabotage your coaching approach. You will explore the many roles you play, and of these which are your favourites, which you would ditch and which are the ones you hold on to that don't serve you. Using the Narrative Game and the C-me Discover You Game, you will get an intriguing twist on the stories you tell as a coach or mentor, discovering and appreciating the tension between your role within the organisation and that of a coach or mentor.

Or

Erica Sosna: Career Coaching: The Good, The Bad and The Ugly

As above

Workshops Session 3: 14:00 – 15:10

Aboodi Shabi: Expanding Your Range as a Coach – Working with the Archetypes in Coaching

In this interactive and live session, we will look at building range in coaching, using the model of four basic archetypes. All of us have strengths in our coaching, ways of being which are comfortable and familiar to us. At the same time, there are areas we might need to develop to increase our range as coaches, and our capacities to serve our clients. Maybe, for example, we need to be able to make tougher interventions, or maybe it's hard for us to not have a clear goal in mind. Using a basic model of four archetypes, King or Queen, Magician, Lover, and Warrior, we will explore these energies, and how they can contribute to your coaching.

Or

Dr John Mervyn-Smith & Nathan Ott, GC Index: The 21st Century Coach

As above

Or

Hazel Russo: Lumination: A Coaching Board Game in Action!

As above

Or

Brett Sadler, UK Leadership Academy : The Titanic, The Butterfly and U

The Titanic Factor keeps us locked into existing realities that aren't serving us and unconsciously sailing towards outcomes we don't want. We'll look at the nature of systems as Icebergs, why we usually focus on only the tip and how to dive deeper to see the underlying realities.

The Butterfly's Journey is a metaphor for U-Change – based on Theory U – a simple but deep 3-step process (Engage – Connect – Transform) for achieving permanent change and helping us create the results we truly want by unlocking our brilliant future potential, for ourselves, our organisations, and society as a whole.

From this session delegates will get:

- Clarity on why we don't always get the results we want
- A whole new take on effective engagement
- How to connect with our future potential
- How to create transformative change for ourselves and others
- One simple action to set the ball rolling

Or

Carole Davidson: Here come the new kids on the block!

Younger learners have new expectations for learning at work. Adept at searching for any knowledge that they need on-line they want something different. The all-pervasive on-demand mindset of many younger workers is at present at work as it is in other aspects of their lives. If learning doesn't happen fast, it's not useful.

In welcoming the 5th generation, the 'Centennials' into the workforce, organisations are encouraged to explore new ways of working. In this workshop we will be looking at how coaching and mentoring can provide learning wherever and whenever it's most needed, which in turn gets better results.