



24<sup>th</sup> June, 2007

## Boundaries and Potentials

with Philip Brew and Colin Brett

Knowing our boundaries helps us to define our best practice more clearly and effectively. It is a key factor in freeing us to explore our deeper potential – to define, design and develop in the directions we choose.

This two-part workshop will help us first become very clear about some of the areas where we don't want to venture as coaches, and then provide the opportunity to explore what our fully-realised potential in this field might be.

### Part 1: When is too much?

with Colin Brett, ACC

One question that faces coaches is the difference between coaching and counseling / therapy. A following question is when does coaching begin to move over the possibly unclear boundary between the two, and at what point does the coach need to pull back?

Coaches need to be able to recognize their own limits and limitations. While it is probably not useful to diagnose personality disorders, Cavanagh (2004) suggests that five questions can indicate the need for a referral. Alternatively, and perhaps more valuable, it is the coach's own response to a client which should be the prime indicator that a different modality or practitioner is called for.

'Difficult' or 'challenging' clients may actually be manifesting behaviours which indicate that coaching may not be the most appropriate approach. For example, a client who consistently fails to achieve the goals she sets herself, and seems resistant, may in fact be depressed. How would a coach know this, and what would change in the work if this were so?

Participants can expect to learn what a depression is (as opposed to general sadness), and further to explore their own boundaries and limitations in response to six common personality adaptations (Ware, 1983).

### Part 2: Beyond Technique

with Philip Brew, MCC

Mastery in coaching might be described as a deep integration of coaching skills, in parallel with a process of becoming more and more authentic as oneself. We can all work towards integrating our coaching skills to the point where we are able to engage with our clients from a place of being absolutely 'real', of being simply who we essentially are.

So, as a coach who is committed to your own personal and professional development ....

- What do you feel is wanting to emerge?
- What are you in the process of becoming?
- What might be an expression of your full potential?
- What will mastery in this field mean for you personally?

This session provides an opportunity to explore your own inherent gifts as a coach. What are the key characteristics of the fully-fledged coach that you aspire to become? Working together with other committed coaches, you will have an opportunity to discover, test and begin to shape the full potential you are in the process of realising.

The workshop is led by Coaching Development's founders Colin Brett and Philip Brew. Highly effective trainers, both Philip and Colin are practising coaches and coach supervisors who are passionate about facilitating the growth of the profession through the development of outstanding, professional coaches.

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When: Sunday 24<sup>th</sup> June, 2007

Where: The Garden Room, Hampton Court Palace, Surrey KT8 9AR

Cost: £145 + VAT (total: £170.38)

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