



20th October, 2007

Coaching and Physiology – Working with the Body

with Philip Brew

Physiologically each of us is unique. As a result of our individual experiences (physical, mental, emotional) we've all evolved our own particular tendencies of posture and movement which become an important part of 'who we are'. These unconscious patterns of the body serve to keep ourselves coherent and intact, and they also can limit our ability to change.

Coaching is typically about change in some form and, for some desired changes, a verbal / cognitive approach is not always the most effective medium. We 'know' the ways in which we want to be different, but somehow the system isn't ready to shift. Working through the physiology can be a profoundly effective route to creating fundamental change in who and how we are.

This will be a highly experiential day for trained coaches in which we will:

- Learn to work through the body to expand our habitual mental / emotional range
- Expand our understanding of ourselves
- Develop our empathy and insight with others
- Notice what the body may be telling us
- Learn a powerful non-cognitive approach to facilitating systemic change in ourselves and others.

About 18 months ago Philip led a half-day workshop on this subject and many people asked if we could repeat or develop this. This full-day session is an expansion and development of that initial workshop. We expect a day of rich learning and fun!

About Philip Brew

This workshop is led by Coaching Development founder Philip Brew. A highly effective trainer, Philip is an experienced Master Certified Coach and coach supervisor. He is passionate about facilitating the growth of the profession through the development of outstanding, professional coaches.

When: Saturday 20th October, 2007

Where: The Hubworking Centre, 5 Wormwood St, London EC2

Cost: £145 + VAT (total: £170.38)

To Book: Tel: 020 8977 8884, or email: sarah@coachingdevelopment.com