



## Advanced Workshops

19<sup>th</sup> July, 2008

### Thinking, Feeling and Doing

with Colin Brett, Philip Brew & Deryn Holland

A day in three parts: two workshops and a new active networking event.

**[Please note that in the evening Coaching Development holds its mid-summer party on the river. The boat will leave from the Lensbury – same venue as the workshop.]**

#### Part 1

##### Group Dynamics – with Colin Brett

This workshop offers two perspectives on working with groups and their dynamics: Time Structuring and the Group Imago. Both come from Transactional Analysis.

The Imago is like a mental / emotional representation which is created in group members' minds before they meet for the first time. When the group actually meets it changes slightly, and as the members get to know each other better, it morphs even further. This in turn means that the person facilitating the group can expect certain dynamics to appear at certain times. This model outlines different stages of group development and suggests behaviours which the facilitator / coach might usefully use to enable a smooth group process.

Time Structuring is more behavioural than the Imago, and gives us some ideas about what people do when they actually meet in a group. The different levels of time structuring give clear indications of what participants will probably do as they get to know each other and what the coach needs to do for a group to work productively.

The workshop will teach both themes experientially; the theory is supported by handouts.

#### Part 2

##### How Do You Know You Know? – with Philip Brew

What do we mean by 'intuition'? How many times have you heard someone say: '*I don't know how I know, but I just know*'? What are our decision-making processes as we come to 'know' something about ourselves or our clients? What do we pay attention to – both externally and internally – and what do we tend to discount or ignore?

Do we tend to lead from our head, our heart, our gut, or from somewhere else? What could open up for us in having more awareness and choice about how we come to know what we know? How might such insight enhance our work as coaches?

In this introductory workshop we will be exploring some of the aspects of our sense of personal 'knowing', of intuition. This will be an opportunity to discover more of ourselves and our internal functioning. It's also an opportunity to expand our awareness of others' similarities and differences, and so increase our ability to perceive, receive and respond.

A very experiential workshop – so please bring an appetite for discovery.

### Part 3

#### Beg, Brag & What If? – with Deryn Holland

'Beg, Brag and What if?' is a creative and generative process designed to tap into the wealth of experience and expertise which is so richly present in the Coaching Development community. It's an opportunity to share your ideas, your experience, your wisdom, your challenging and exciting thoughts and wishes with your colleagues – and to find out what such connection between us all might generate.

Bring your dreams to the day:

- **A "beg"**. Ask for what you would like to know from the wealth of experience and wisdom in the group. E.g. 'I have a beg .... does anyone know .....? What ideas do you have for me in this regard?'
- **A "brag"**. Share your brag. E.g. 'This ..... worked brilliantly for me / my company / my client. It may be of use to you, so let me share it with you' .....
- **A what if**.....? E.g. 'Wouldn't it be great if.....?'

**Deryn says:** *Each of these offerings is told within 3 minutes. Then the rest of the group offers up first thoughts for the next 5 minutes. After that people can write down their responses and contact details on special slips of paper which are then collected and given to the person who made the beg, brag or what if – to be followed up as they so wish.*

*The debate and excitement I have seen generated by this process is more than memorable. I believe the CD community is full of ideas and creativity and this process will give us a framework to start some exciting conversations. Do contact me in the meantime if you have any questions. I'm bursting to share it with you.*

**So: you are warmly invited to bring your beg, brag or what if (if you have one) to the session. Please contact the office to book a time slot – the number of slots will be limited.** You will need to speak about it in about 3 minutes max. You need to do nothing else in preparation. Whether or not you have a specific something to share, you are invited to listen and engage with the begs, brags, and what ifs from others and to respond generously with your experience, ideas and enthusiasm.

The workshops are led by Coaching Development co-founders and trainers Colin Brett and Philip Brew, and trainer Deryn Holland. All three are practising coaches and experienced facilitators who are passionate about supporting the growth of the profession through the development of outstanding, professional coaches.

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When: Saturday 19<sup>th</sup> July, 2008: 10.00 am to 6.00 pm.

Where: Lensbury Conference Centre, Broom Road, Teddington, Middlesex TW11 GNU. (See [www.lensbury.com](http://www.lensbury.com) for map)

Cost: £145 + VAT (total: £170.38)

To Book: Tel: 0845 122 7200, or email: [sarah@coachingdevelopment.com](mailto:sarah@coachingdevelopment.com)

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(NB: Please separately book your ticket for the evening river-boat party: numbers for the boat are strictly limited to 100).