

# International Coaching Week 2018

TUE 8 <sup>TH</sup> MAY	WED 9 <sup>TH</sup> MAY	THS 10 <sup>TH</sup> MAY	FRI 11 <sup>TH</sup> MAY
<p><b>2pm – 3.30pm</b>  <i>Working Styles – An insight into effective communication with others</i>  <b>Hosted by</b> Bernadette Cass of Heworth Associates  <b>Location</b> – Hiscox</p>	<p><b>9.30am – 10am</b>  <i>Coaching York – What’s Happening</i>  <b>Hosted by</b> Peter Lumley, Chair of Coaching York  <b>Location</b> – City of York Council</p>	<p><b>10am – 11.45pm</b>  <i>Creating Awareness - Coaching Masterclass</i>  <b>Hosted by</b> Bernadette Cass of Heworth Associates  <b>Location</b> – York CVS</p>	<p><b>10.30am – 12pm</b>  <i>International Coaching – exploring the process and practices of cross-border working</i>  <b>Hosted by</b> Bob Dignen of York Associates, and Marie O’Hara of IMD Business School  <b>Location</b> – York Associates</p>
<p><b>6pm – 8pm</b>  <i>Coaching York Social</i>  <b>Location</b> – Brigantes</p>	<p><b>10am – 3pm</b>  <i>A Coaching Mosaic - 6 Open Space format round table discussions</i>  <b>Location</b> – City of York Council</p>	<p><b>10am – 12.30pm</b>  <i>Strengthening Leadership in the VCSE sector’ – A conference for sector leaders and trustees</i>  <b>Hosted by</b> Geoff Ashton, c21coaching  <b>Location</b> – York CVS</p>	<p><b>12.15pm – 1.30pm</b>  <i>Lunchtime Celebration</i>  <b>Location</b> – York Associates</p>
	<p><b>6.30pm – 8.45pm</b>  <i>Brief Coaching</i>  <b>Hosted by</b> Prof. Bob Garvey, The Lio Partnership  <b>Location</b> – York St John University</p>	<p><b>10am – 1pm</b>  <i>Coaching with Horses</i>  <b>Hosted by</b> Julia Felton of Business Horse Power  <b>Location</b> – Gallabar Farm</p>	
		<p><b>1pm – 1.45pm</b>  <i>The role of unconscious bias in values-based coaching</i>  <b>Hosted by</b> Emma Coller of TMSDI  <b>Location</b> – Online</p>	
		<p><b>2pm – 3pm &amp; 3pm – 4pm</b>  <i>Reimagining Tower Gardens, York – A Coaching Walk</i>  <b>Hosted by</b> Joanne Rule of Healthy Conversations  <b>Location</b> – Tower Gardens</p>	
		<p><b>5pm – 7pm</b>  <i>Using Language Management and</i></p>	

		<b>Outcomes-Based Coaching for Better Embodied Results</b> <b>Hosted by</b> Peter Zoeflig of Tostig <b>Location</b> – York Associates	
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**8<sup>TH</sup> MAY 2018: 2pm – 3.30pm**

**Working Styles – An insight into effective communication with others**

**Hosted by Bernadette Cass of Heworth Associates**

**Location – Hiscox, Peasholme Green, York, YO1 7PR**

Have you noticed that other people may take a different approach to getting things done? Perhaps you find this helpful in creating new options? Maybe it can be frustrating as you wonder why someone else doesn't see it your way?

Having an awareness of our own working style is invaluable as we consider how to communicate and work effectively with team members, business partners, clients – and friends and family too.

This session will introduce you to 5 core working styles, from well established Transactional Analysis theory. You will leave understanding more about your own working style, and how to communicate effectively with others who have different preferences.

CPD - International Coach Federation Continuing Coach Education Units are available for this event

To find out more contact Bernadette at [Bernadette.Cass@HeworthAssociates.co.uk](mailto:Bernadette.Cass@HeworthAssociates.co.uk)

Book your place here - <https://www.eventbrite.co.uk/e/working-styles-an-insight-into-building-effective-communications-with-others-tickets-45251227640>

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**8<sup>TH</sup> MAY 2018: 6pm – 8pm**

**Coaching York Social**

**Location – Brigantes, 114 Micklegate, York, YO1 6JX**

An opportunity to attend an informal networking event, enabling coaches to get to know each other and to foster collaboration

**HOW TO BOOK** – No booking is required. Just come along and join in.

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**9<sup>TH</sup> MAY 2018: 9.30am – 10am**

**Coaching York – What's Happening**

**Hosted by Peter Lumley, Chair of Coaching York**

**Location – City of York Council, West Offices, Station Rise, York, YO1 6GA**

An opportunity to hear about what we've been up to over the last year.

**HOW TO BOOK** – To book your place please email Peter Lumley at [peter@realising-change.co.uk](mailto:peter@realising-change.co.uk)

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**9TH MAY 2018: 10am – 3pm**

**A Coaching Mosaic - 6 Open Space format round table discussions**

**Location – City of York Council, West Offices, Station Rise, York, YO1 6GA**

**'SUPERVISION – THE CONSCIENCE OF THE COACHING PROFESSION'**

**Hosted by David Britten – York St John University**

Recent years have seen a growing interest in coaching supervision, and lively debates as to whether supervision should be mandatory for coaches. Tatiana Bachkirova, a leading practitioner and academic in the field of coaching supervision, has suggested that rather than making supervision mandatory, we should view it as 'the conscience of the coaching profession.'

This session will explore what it might mean for coaches, supervisors and the coaching profession as a whole to follow Bachkirova's suggestion.

**'INTRODUCING A COACHING CULTURE'**

**Hosted by Chris Leggett – Clearpath Coaching & Development**

What's the point? How might you do it?

We'll review some ideas, principles and case studies, share some experiences and hopefully go away with an increased awareness of the options we have to help make a big difference in our organisations.

**'PROVIDING A COACHING APPROACH TO ENTERPRISE DEVELOPMENT'**

**Hosted by Caleb Rowan - International Service**

Two very different countries, with some similar problems, Palestine and Rwanda both have high levels of youth unemployment, in spite of having among the most educated young people in their respective regions. The governments of both countries along with their main international partners have identified private sector development as key to job creation and tackling poverty.

We will explore how applying a coaching approach to enterprise development and working with some of the most marginalised women in society contributes to job creation and tackling poverty.

**'COACHING AND THE AGEING SOCIETY'**

**Hosted by Lindsay Cameron - The Next Steps**

It's old news that society is aging, and the tired old notion of retiring is obsolete.

Today we will debate the profound implications demographic change will have for almost every aspect of our society for all ages and generations and the economic health of this country. In particular, we will look at;

- ! how we as individuals ourselves and as coaches, can respond to these changes to take advantage of one of the greatest economic and social opportunities we face: to wake up and prepare for our third act and not to paint the future with the same worn-out brush that was used to paint the past.
- ! how employers must now prepare to play their part in a) supporting a changing workforce and b) taking advantage of the huge and untapped opportunity in the market place

Lindsay is an inspirational speaker and director of her own company, The Next Steps. She is an expert in her field and it's her passion and mission in life to inspire people who are over 50 and considering their next steps in life to find their way and to help them on their journey. She is proud to have received an award from HRH Prince Charles at St James Palace for the work she did with people over 50.

### **'COACHING WITH A SMATTERING OF BRAIN SCIENCE AND NLP'**

**Hosted by Debbie Connors - The Connors Company**

Whether you're a coach or a leader, understanding yourself and others is fundamental to effective coaching and influencing.

This is ultimately about how you are communicating with yourself and how that is being translated to others in your external environment. Advances in brain science and teachings from NLP help us to understand and make senses of this from a practical perspective and serves to enrich your own life experience and those you are working with.

In this open session, we can consider the following questions:

1. The importance of having an outcome and what that means from a brain science and NLP perspective
2. How coaches can be more effective with their clients and with others by having 'behaviour flexibility'
3. Understanding the term 'old habits die hard' and what's the alternative to changing behaviour
4. What strategies can coaches use for self management in coaching and continuous self development and improvement

Debbie is a behavioural change coach and communications specialist. She is originally a psychologically trained coach and more recently has undertaken further training in coaching and influencing using NLP. Around the same time, she was introduced to a positive psychologist who specialised in brain science at work. This resonated with what she was already learning about NLP and the brain and Debbie has since been using a combination of approaches to get practical business results for teams and individuals.

### **'COACHING IN THE COMMUNITY'**

**Hosted by Geoff Ashton- c21coaching**

How can coaches release the energy and professional expertise of volunteers and support matching this with opportunities in the voluntary and community sector? Join this conversation to explore how organisational-level coaching relationships can further contribute to York as a volunteering city.

HOW TO BOOK – To book your place please email Peter Lumley at [peter@realising-change.co.uk](mailto:peter@realising-change.co.uk)

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**9TH MAY 2018: 6.30pm – 8.45pm**

**'Brief Coaching'**

**Hosted by Prof. Bob Garvey, The Lio Partnership**

**Location – York St John University – De Grey Building, room 125, Lord Mayors Walk, York, YO31 7EX**

Brief coaching is an approach to coaching which is about a strong focus on the future and solutions that work and last. In some circumstances it is an effective and efficient way to reach a solution – briefly. No long explorations of the issue, Brief Coaching cuts to the quick and gets to the point fast!

In this session, Bob will demonstrate the process and then open it up for discussion. There will also be an opportunity for you to try it yourself.

**HOW TO BOOK -** [https://www.eventbrite.co.uk/e/york-coaching-group-brief-coaching-9th-may-2018-tickets-45060056843?ref=enivte001&invite=MTQyMDQwMDQvY2F0aGVyaW5lQGthbGVpZG9zY29wZXNlcnZpY2VzLmNvLnVrLzA%3D&utm\\_source=eb\\_email&utm\\_medium=email&utm\\_campaign=invitemodernv2&ref=enivte001&utm\\_term=attend](https://www.eventbrite.co.uk/e/york-coaching-group-brief-coaching-9th-may-2018-tickets-45060056843?ref=enivte001&invite=MTQyMDQwMDQvY2F0aGVyaW5lQGthbGVpZG9zY29wZXNlcnZpY2VzLmNvLnVrLzA%3D&utm_source=eb_email&utm_medium=email&utm_campaign=invitemodernv2&ref=enivte001&utm_term=attend)

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**10TH MAY 2018: 10am – 12.30pm**

**'Strengthening Leadership in the VCSE sector' – A conference for sector leaders and trustees**

**Hosted by Geoff Ashton, c21coaching**

**Location – York CVS, 15 Priory Street, York, YO1 6ET**

John Sargent, Director of The Ideas Mine (CIC) and Chair of Your Consortium sharing his recent experience of being coached in conversation with coach Chris Lazenby. Wider conversation about leadership and maximising the potential of trustees and their relationships with Chief Executives and leadership teams.

To book your place email Geoff Ashton, Coaching York Community Lead at [geoff.ashton21@gmail.com](mailto:geoff.ashton21@gmail.com)

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**10TH MAY 2018: 10am – 11.45pm**

**Creating Awareness - Coaching Masterclass**

**Hosted by Bernadette Cass of Heworth Associates**  
**Location – York CVS, 15 Priory Street, York, YO1 6ET**

Bernadette Cass PCC runs this session to enquire how we use enquiry to invite coaching clients to gain greater awareness and clarity, and support clients to discover new thoughts and beliefs that strengthen their ability to achieve what is important to them.

Bernadette leads this Masterclass to deepen coaching skills on behalf of the UK International Coach Federation (ICF). Fluency with coaching competencies informs us about who we are as coaches and enables us to meet our clients at our best, deepening awareness of our own style and approach, and strengthening skills and performance.

For coaches wishing to log CPD, International Coach Federation CCEUs are available for this event.

To find out more contact Bernadette at [Bernadette.Cass@HeworthAssociates.co.uk](mailto:Bernadette.Cass@HeworthAssociates.co.uk)

Book your place here - <https://www.eventbrite.co.uk/e/coaching-masterclass-creating-awareness-tickets-45251652912>

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**10TH MAY 2018: 10am – 1pm**

**'Leadership Coaching with Horses'**

**Hosted by Julia Felton of Business Horse Power**

**Location – Gallabar Farm, Gallabar Lane, Maron-cum-Graffon, YO51 9QU**

Business is changing rapidly and the old style of business and leadership skills will no longer get you where you want to go. What if I told you a horse could show you a new paradigm? A way of acting and being that will serve you more effectively in the future.

As we move from the information era to the collaboration era horses can model for us how to work as a real team, one where the leadership is shared, where communication is authentic and where the vision is crystal clear. How would you like these traits in your business?

If you are intrigued to find out more then join me on 10th May when I will be hosting a demonstration on how I help my clients grow their business through coaching with horses.

#### **What we will cover**

- ! A small number of volunteers will have the unique opportunity to work hands on with the horses to learn about their leadership style and how they show up in business. No horse experience is necessary. This event is all about experiential learning so as an audience member you will also be participating providing feedback on what you observe.
- ! Some of the things we will cover:
- ! How you need to grow in order for the business to grow
- ! Leading out of your comfort zone
- ! How to use your leadership strengths to overcome barriers to success

- ! The importance of body language and how to communicate with clarity
- ! Creating a collaborative team
- ! Negotiating conflict
- ! and so much more.....
- !

Places are limited so please reserve your place (at this free event) and bring along family, friends, colleagues and your clients.  
Reserve your place on Eventbrite: <https://icw2018-leadership-with-horses.eventbrite.co.uk>

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**10TH MAY 2018: 1pm – 1.45pm**

***'The role of unconscious bias in values-based coaching'***

**Hosted by Emma Collier of TMSDI**

**Location – Online webinar - <http://bit.ly/guestwebinarMay2018>**

In this guest webinar, coach and trainer Emma Collier will explore the importance of understanding unconscious thought patterns by examining our development of norms, values and beliefs.

She will look at how such thoughts affect behaviour and how by being mindful and conscious, this pattern can be changed.

By making the invisible, visible, we will understand how creating language around our thoughts helps our clients gain a deeper self awareness which can be used to challenge those thinking patterns that no longer serve us, enabling growth and development.

Key Takeaways:

- 1) Discover how we develop unconscious thinking
- 2) Learn how to recognise the pattern of unconscious thinking
- 3) Explore how to challenge those patterns to develop new approaches

**HOW TO BOOK** - To book please register on the following link - <http://bit.ly/guestwebinarMay2018>

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**10TH MAY 2018: 2pm AND 3pm**

***Reimagining Tower Gardens, York – A Coaching Walk***

**Hosted by Joanne Rule of Healthy Conversations**

**Location – The Tower Street entrance to Tower Gardens**

Coaching York is collaborating with My Future York, an open inquiry working with anyone who wants to get involved in developing new alternative visions for York's future.

Teams of CY coaches have been leading coaching walks to help local people engage with imagined change in the Castle Gateway part of the city. If you would like to hear more and dip your toes into a community engagement experience, we are offering two coaching walks on the afternoon of Thursday 10 May beginning at 2 pm and 3 pm, to reimagine Tower Gardens, York.

Numbers are limited, so book your place by contacting Joanne Rule [jrule@healthyconversations.org.uk](mailto:jrule@healthyconversations.org.uk) saying which of the two start times you wish to join. Participants will meet Joanne and My Future York's Phil Bixby at the Tower Street entrance to Tower Gardens.

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**10TH MAY 2018: 5pm – 7pm**

***'Using Language Management and Outcomes-Based Coaching for Better Embodied Results'***

***Hosted by Peter Zoeffig of Tostig***

***Location – York Associates, Peasholme House, St Saviour's Pl, York, YO1 7PJ***

This workshop will explore the importance of language mastery, and the cross-overs between language coaching and awareness, with topic/problem-based or situational-based coaching and mentoring, around personal and company goals and culture.

It will cover how more effectively to understand one's physical response to a range of scenarios and thence embody purposeful and harmonious behaviour that is also conveyed in language. It thus focuses on how we understand and perform.

There will also be some analysis of personal and corporate "culture" as well as of the theory of chaos-dynamics, looking at how outcomes emerge by dint of the mastery of language and the skilful ways in which communication is embodied.

With a combined 35 years working in education, training and coaching, Peter brings a wealth of experience gained face to face with many hundreds of people of all ages, from all around the world, and every commercial sector and position of responsibility.

For more information on what Peter will be covering during this session click here

<http://www.performanceinenglish.com/2018/03/29/managing-your-language-for-better-embodied-results-york-international-coaching-week/>

**HOW TO BOOK** – To book a place please email Peter at [pzoeffig@gmail.com](mailto:pzoeffig@gmail.com)

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**11TH MAY 2018: 10.30am – 12pm**

***'International Coaching – exploring the process and practices of cross-border working'***

***Hosted by Bob Dignen of York Associates, and Marie O'Hara of IMD Business School***



**Location – York Associates, Peasholme House, St Saviour's Pl, York, YO1 7PJ**

Bob and Marie work intensively with a range of international clients as part of their separate coaching practices. In this workshop, they explore the distinctive international nature of these interventions, looking at how the role of coaching, its process, focus and expected outcomes may differ with respect to more local and domestic activities, and where underlying similarities remain.

During the session Bob will introduce a case study which will give those attending the opportunity to reflect on the dynamics of a real intervention. Marie will explore some core themes relevant to those coaching internationally. Both hope to support those attending to understand the benefits of and pathways towards coaching internationally.

Marie O'Hara is an executive coach, facilitator, and consultant with a focus on high performance leadership and high performing teams. She works for IMD Business School, Lausanne, Switzerland and has a number of international corporate clients. She is also Director of Strategy and Communication for the author, hostage negotiator and leadership Professor George Kohlrieser.

Bob Dignen is a director of York Associates, and currently specialises in international leadership training and coaching. His client base is exclusively overseas, and includes an Executive Succession Pool of senior talents entering C-suite level for a major European electronics retail organisation. Bob is also an author on international communication, with his latest title, 'Leading International Projects, published by Kogan Page.

**HOW TO BOOK** – To book your place please email Peter Lumley at [peter@realising-change.co.uk](mailto:peter@realising-change.co.uk)

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**11TH MAY 2018: 12.15Pm – 1.30pm**

***Lunchtime Celebration***

***Location – York Associates***

An opportunity to relax, celebrate a great week, network with fellow coaches, and enjoy the generosity of our hosts and long-time supporters, York Associates.

**HOW TO BOOK** – To book your place please email Peter Lumley at [peter@realising-change.co.uk](mailto:peter@realising-change.co.uk)





