

Regional Contacts (cont.)

Berkshire, Maidenhead

Helen Isacke, Katy Parkinson
Tel: 07989 683294
email: helen@crowncoaching.com kparkinson@content2.co.uk

London West (Chiswick)

Alison Hodge
Tel: 020 8995 5485, 07768 694818
email: alison@alisonhodge.com

London South (Wimbledon)

Elsbeth Campbell
Tel: 0786 7788 567
email: elsbeth@associationforcoaching.com

London (Central)

Tony Pritchard
email: consult.ajp@googlemail.com

London, London Bridge

Peter Brown
email: peter@peterbrown.cc

London (City)

Gail Macindoe, James Talbot
email: gail@macindoe.com, jt@jtc.org.uk

Essex, Brentwood

Janice Haffenden
email: ice_h@tiscali.co.uk

Hertfordshire, St Albans

Renato Fantoni
email: dlai@statec.co.uk

North Bucks, Stewkley

Deni Lyall Tel: 07973 273009
email: deni@winningperformance.co.uk

Cambridgeshire, Milton, East Anglia

David Bredin
Tel: 0845 3457043
email: david@4sight.biz

West Midlands, Stourbridge

Mandy Gutsell
Tel: 07951 229941
email: mandy@knowlimitscoach.com

East Midlands Derby

Chrissie Bedwin, Marie Iliffe
Tel: 07958 932 558
email: chrissie@aiminghighcoaching.co.uk
maria@iliffecoaching.co.uk

East Midlands/Northants / Lincs

New facilitator required
Email Ian Sasse: info@agentsofchange.org.uk

West Yorkshire, Bradford

Elizabeth Ford
Tel: 07885 312 895
email: liz@ford-consulting.co.uk

Yorkshire, Hull

Beverley Petrossian
Tel: 07968 482238
email: beverleypetrossian@yahoo.co.uk

North Yorkshire, Harrogate

Benita Treanor
Tel: 07887 662 961
email: benita.treanor@primeast.com

North East, Newcastle

Sue Timson
Tel: 07712 763856
email: sue@leadingedge-uk.com

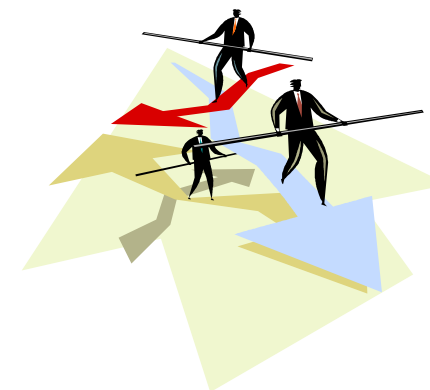
Scotland, Aberdeen

Andrea Fraser
email: Andrea.Fraser@GrampianFRS.ORG.UK



Co-Coaching Forums

Practice your coaching skills
and be inspired
to try new techniques



What is Co-Coaching?

Co-Coaching is the *practice* of coaching within an environment where the coach receives feedback. It provides an opportunity to reflect on your coaching style, and to experience and experiment with new coaching techniques.

It is a three way learning opportunity:

- being coached by others
- observing others being coached
- coaching others on their coaching technique

You can discover an amazing range of coaching methods and styles that have developed to satisfy different needs and circumstances, and so benchmark your own practice.

How are AC Co-Coaching forums run?

They regularly take place in London and in various regional locations.

They are run by experienced facilitators who are coaches following excellence guidelines. These ensure maximum time is spent actually practicing coaching, and that new ideas and fresh techniques are continually investigated and explored.

What benefits do I gain from attending?

As the coaching industry moves towards regulation and accreditation, developing your coaching skills and new techniques becomes increasingly important. You will also gain:

- A CPD certificate for each forum you attend
- A network of like-minded people for sharing ideas and resources
- A supervision of your coaching practice

It is becoming increasingly important to employers that coaches are supervised and this experience of a supervision may encourage your next step towards getting your own supervision.

What participants say:

“At a recent Forum the co-coaching and discussion proved very illuminating for me. We practiced the possibility of dissonance in a group format of tag coaching that was itself dissonant, and on a topic where our coachee was reflecting on what was possibly a ‘dissonant’ chord in a conversation he had recently had. So the experience was multi-layered indeed.” Roger Niven attends the Forum run by Elspeth Campbell in Wimbledon.

Alison Dale sees the AC forums as a “wonderful opportunity to experiment, take a few risks, learn in a non-threatening

atmosphere among peers, meet others in a community of practice, network, make mistakes, receive feedback on your coaching approach and watch other people’s styles of coaching. It keeps you tuned up and provides added value.” Dale also welcomes the opportunity to be coached during a Forum meeting as it provides a space to think and, she feels, increases her empathy towards her clients.

Sally Gore, the Director of Organisational Development for the Hampshire Partnership NHS Trust feels attendance at co-coaching benefited her personally and professionally, bringing a “massive benefit to the workplace” and says “learning from other people’s tools, techniques and ways of doing things has helped me develop my way of questioning...and developed my practice as a result. It’s a wonderful addition to the other things we need as a coach such as training and supervision.”

Techniques for practice

There are many ways to facilitate a co-coaching practice session, and at the AC we are continually developing and experimenting. See the ‘Techniques for Practice of Coaching’ leaflet for a variety of co-coaching methods.

Open learning

Some forums encourage participants to offer short presentations on particular coaching techniques, which you can all then look to practice specifically during the co-coaching forum.

For more information or you would like to set up a local group please contact any of the Joint Co-Coaching Forum Mentors:

Elspeth Campbell
Elspeth@associationforcoaching.com

Regional Contacts:

South West, Exeter
Jonathan Stoneman
email: stonepeople@btinternet.com

Hampshire, Southampton
Henry Champion
Tel: 07941 173856
email: henry.champion@googlemail.com

Hampshire, Southampton (Open Learning)

Vince Leahy
email: mailto:vnclhy@gmail.com

West Sussex, Haywards Heath

Gail Lineham, Dorothy Larios
Tel: 01293 550835
email: gail@aspirepd.co.uk Dorothy@restofyourlifeuk.com

Kent, Tunbridge Wells

Caroline Hart, Nadine Slater
Tel: 01892 616219
email: caroline@carolinehartcoaching.co.uk
nadine@excelwithpurpose.com

Wales, Cardiff

Nicky Spode, Evelyn Thomas, Charlotte Hitchings
Tel: 07914 644 146
email: nicky@instar-leadershipcoaching.com

Bristol, Portishead

Tracy Taylor
Tel: 07739 657 526
email: Tracy.Taylor@co-operative.coop

Swindon

Peter Mayes
Tel: 01793 882058
email: webplm@aol.com

Berkshire (West), Newbury

Michelle Lucas, Andy King
Tel: 07717 122 950, 07802 900531
email: andywking@btinternet.com

Berkshire (South), Crowthorne

Ro Gorell, Gayl Long
Tel: 07939 946628, 07766 336096
email: rogorell@ascent2change.co.uk
gayllong@in8resources.com

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