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## Co-Coaching Forums

Practice your coaching skills and be inspired to try new techniques

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## 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:

*"I get a lot out of the co-coaching forum, each time I feel I have grown a little as a coach"*

Amanda Bouch, Bouch Consulting

*"I found the co-coaching forum an extremely useful meeting, after sharing with 6 colleagues in the service, we're planning to join AC to attend co-coaching to support our learning. A further significant decision is to set up an on-site supervision group with a specialist coaching supervisor"*

Gill Deane, Kingston University

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## Techniques for practice

There are many ways to facilitate a co-coaching practice session, and at the AC we are continually developing and experimenting. Current methods include:

### Small group

Triads or Quads or Tag coaching

### Whole group

Reflecting teams

Rotating chair

Reflexive practitioner

Coaching surgery

Sculpting

Personification of the problem

## 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.

## Further Information

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

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