



# Coaching at Work Series of Masterclasses 2013

Coaching at Work is pleased to announce a new series of one-day masterclasses. Just as we have for our sell-out conferences, the team has selected engaging, inspiring and challenging speakers to deliver stimulating workshops.

## 20th September 2013 The Art of Masterful Coaching – coaching beyond techniques



### FACILITATOR: ABOODI SHABI

In this masterclass, we will look at how to deepen our capacity to be present to the client, to listen beyond the goals, and to go beyond our techniques in order to serve the client in discovering an authentic articulation of who they are.

### More about Aboodi Shabi

Aboodi Shabi is one of the UK's most senior coaches and a pioneer and leader in the UK and European Coaching community. He has worked in the field of personal development for nearly twenty years, and in coaching since 1996. In that time he has worked with thousands of coaches across the world. Aboodi teaches in Newfield programmes in Europe, Asia and Africa, and has also been an invited presenter on coaching mastery at several European coaching schools, as well as a popular speaker at coaching conferences.

## 23rd October 2013 Increase your coaching effectiveness through the power of your presence.



### FACILITATOR: DR. EUNICE AQUILINA

Increase your coaching effectiveness through the power of your presence. Learn how to embody an authentic and compelling presence, one that creates trust, and develops a strong connection with your client so that you can listen even more deeply to their core concerns. The day will help you engage with your whole self, giving you new and powerful ways of observing your own process, thereby giving you access to previously untapped sources of information.

### More about Dr. Eunice Aquilina

Eunice Aquilina is a somatic coach, OD consultant, facilitator and coach supervisor who supports her clients to develop a strong authentic leadership presence, build skilful ways to cultivate trust, embody greater ease and connection and better manage their commitments and results. She draws on her 25 years' experience to design and facilitate experiential learning solutions using large group methodology, action learning and coaching, often in combination. Working in partnership with her clients, she co-creates learning processes focused on learning from real issues in real time, practicing new skills and behaviors for sustainable outcomes. Core to her work is her belief that organisations are organic living systems and their conversations shape and determine the culture, which in turn informs the results which can be achieved. Eunice certified as a somatic coach with Strozzi Institute and has completed their three year teacher training programme. She has a Doctorate in coaching and OD, is accredited with the European Mentoring and Coaching Council at Master Practitioner level and is an accredited coach supervisor with APECs. A faculty member with i-coach academy, Eunice teaches and supervises students who are working towards a professional qualification in coaching.

## 16th December 2013 Mindfulness in Coaching



### FACILITATOR: LIZ HALL

Discover how mindfulness can transform your coaching practice, enhancing your presence, compassion, and intuition/use of self. Explore how mindfulness can benefit your clients, including boosting EQ, creativity, cognitive functioning, and resilience, and how to introduce mindfulness to clients. The day will include mindfulness practices and mindful co-coaching, and you will be introduced to Liz Hall's FEEL model for working with mindfulness in coaching.

### More about Liz Hall

Liz Hall is the editor of *Coaching at Work*, a Senior Practitioner coach and the author of *Mindful Coaching* (Kogan Page, 2013). She first presented her research on mindfulness and coaching at the European Mentoring & Coaching Council research conference 2012, is in wide demand to speak on this topic and has run/ is running mindfulness events for organisations including the NHS and the BBC. Liz has been meditating on and off for 30 years and has studied with mindfulness teachers including Thich Nhat Hanh. She is undergoing the Teacher Training at the Centre for Mindfulness Research & Practice at Bangor University. She is passionate about how mindfulness can help us be more joyful, resilient, creative and compassionate, and about how it can support transformative coaching. Liz won the Association for Coaching's for Impacting (Leadership/External Focus) in 2011-11.

### COSTS:

**£145.00 (incl. VAT) per masterclass – for Coaching at Work SUBSCRIBERS**

**£175.00 (incl. VAT) per masterclass – for NON-SUBSCRIBERS**

**LOCATION:** All masterclasses are being at The British Psychological Society London Offices, 30 Tabernacle Street, London, EC2A 4UE

**TIMINGS:** 10.00am – 4.30pm

**For more information, or to book on the masterclasses, please contact Margaret Bradley by email ([admin@coaching-at-work.com](mailto:admin@coaching-at-work.com)) or call on 0845 6808185 [www.coaching-at-work.com/masterclasses](http://www.coaching-at-work.com/masterclasses)**

