



## Coaching at Work Series of Masterclasses 2014

# Coaching through Change and Transition - "It isn't the changes that do you in.....it's the transitions"

Caroline Talbott

**Seminar date:** Tuesday 21st October 2014

**Venue:** The BPS London Offices

**Timings:** 10:30 am – 5:00 pm

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### MASTERCLASS CONTENT

Business, career and life changes (even positive ones) are disruptive for individuals and organisations. Often the 'human factors' get forgotten. This masterclass will provide insights into the psychology that drives thoughts, feelings and behaviour during times of change and approaches which deal with these. Such insights and tools help individuals and teams adapt more effectively and positively and make coaches more resourceful in helping their clients and maintaining their own well-being.

### MASTER CLASS OBJECTIVES

- Enhance your understanding of the psychological impact of change and transition on both your coachees and yourself
- Increase your ability to recognise when and how transition is impacting, and helpful responses
- Provide a working knowledge of some tools, models and approaches you can use
- Share experiences with other coaches
- Practice new approaches in a safe and supportive environment
- Plenty of time for discussion, exploration and practice so you leave the workshop with enhanced knowledge and skill and increased confidence in supporting your clients and maintaining your own well-being

### MASTERCLASS SUBJECT

You will work with William Bridges' Transitions model, the Kubler-Ross change curve, Robert Dilts' logical levels model and you will also explore how Clean Language with Emergent Knowledge can be used in this context.

**CAROLINE TALBOTT** is the author of 'Essential Career Transition Coaching Skills' (Routledge, 2013). She trains, speaks and writes widely on the subject of coaching, particularly coaching through transition and change.

She also coaches and develops managers and people in positions of leadership and is a specialist in change management, a qualified NLP Business Practitioner and Accredited Executive Coach. She works in the UK and internationally with public, private and not for profit organisations. She is passionate about developing coaching and change management/leadership skills and is an accreditation assessor with the Association for Coaching.

### LOGISTICS

#### VENUE

The event is held at The British Psychological Society, London Offices, 30 Tabernacle Street, London, EC2A 4UE

#### DATE

Tuesday 21st October 2014

#### TIME

The masterclass runs from 10.30am to 5.00pm.

#### FEES

£175.00 incl. VAT (for non-subscribers)

£145.00 incl. VAT (for subscribers)

#### BOOKING PROCEDURE

Please fill in an application form on-line at: [www.coaching-at-work/masterclasses](http://www.coaching-at-work/masterclasses)

#### CATERING

Tea and coffee is provided throughout the day. Lunch will also be provided. Please advise of any special dietary requirements on booking.