

Coaching at Work



Coaching at Work Series of Masterclasses 2018

Writing For Well-Being & Emotional Resilience within your coaching & supervision practice

Jackee Holder

Seminar date: Tuesday 12th June 2018

Venue: The BPS London Offices

Timings: 10:00 am – 5:00 pm

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MASTERCLASS OUTLINE

How can the craft of expressive and therapeutic writing be introduced and facilitated well in the work that we do as coaches and supervisors? It can be so easy to work with the more familiar and traditional approaches to coaching and supervision and not flex those muscles into new areas of learning and development.

This master class introduces the pedagogy of expressive and therapeutic writing in the context of coaching and supervision.

Aims & objectives:

In this session you will learn:

- Learn about the studies and research that support expressive and reflective writing
- Practise writing exercises and activities that support well-being, resilience and emotional intelligence and identify how to facilitate application in the culture of coaching and supervision
- Engage in nature influenced writing practices that also contribute to optimal levels of well-being and resilience
- Practise a supervision coaching session that uses expressive and reflective writing as the core focus for the reflective practice
- Review your current coaching or supervision list and identify where a more integrated reflective writing practice may potentially add value and new and different perspectives.

MASTERCLASS CONTENT

Coaches and supervisors will gain the opportunity to practise in a relaxed and creative setting a range of expressive and therapeutic writing activities, which are ideal for nurturing well-being and building resilience as well as exploring how to use reflective and expressive writing in response to issues of injustice and in the context of diversity and inclusion.

JACKEE HOLDER is a leadership coach and coach trainer. Jackee is currently training with The Centre for Journal Therapy (USA) as a Certified Journal Facilitator and is in her second year of training as a therapist. Jackee is also a board member of the International Association of Journal Writers (USA). She is a member of the NHS Leadership Academy Coach register, coaching NHS senior leaders as well as working across a range of sectors as a coach, coach trainer and facilitator. She is a qualified coach supervisor and a member of the Coaching Supervision Academy faculty. Her coaching practice is supported through her work as a reflective practitioner and a long history of personal journaling. Jackee's well established journal practice has been extended into teaching a six week online journaling class, 'Paper Therapy' which runs three times a year.

Jackee is the author of *49 Ways To Write Yourself Well* (Step Beach Publishers 2013) and *The Writing With Fabulous Trees Writing Map*. Jackee has published several articles and blogs on the themes of journaling, therapeutic and reflective writing. Her journal is a regular companion, accompanying her on her travels for work here in the UK and internationally. Jackee hosts a small writing column in the UK edition of *Psychologies* magazine sharing a writing/journal prompt each month.

LOGISTICS

VENUE

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

DATE

Tuesday 12th June 2018

TIME

The masterclass runs from 10.00 am to 5:00 pm

FEES

£199.99 incl VAT (for non-subscribers)
£169.99 incl VAT (for subscribers)

BOOKING PROCEDURE

Please fill in an application form on-line at: www.coaching-at-work.com/masterclasses

CATERING

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