



Coaching at Work Series of Masterclasses 2019

Acceptance and commitment coaching: Creating flexibility in coaching

Dr Rachael Skews

Seminar date: Thursday 9th May 2019

Venue: The BPS London Offices

Timings: 10:00 am – 5:00 pm

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MASTERCLASS OUTLINE

In today's high pressure environments, flexible individuals can adapt and respond effectively to challenges that arise at work and at home. This workshop is ideal for coaches looking to help their coachees become more psychologically flexible, and achieve challenging goals in difficult environments.

MASTERCLASS AIMS AND OBJECTIVES

This interactive and experiential masterclass will give you the opportunity to experience acceptance and commitment coaching for yourself, and leave with a toolkit to use in your coaching practice. Making use of mindfulness techniques, combined with goal setting, acceptance and commitment theory (ACT) is now an established, yet still cutting edge, psychological technology. Learn from an expert in the field how to apply this evidence-based approach to your coaching practice.

In this masterclass you will:

- Learn how to increase your own and others psychological flexibility in coaching
- Develop an understanding of how ACT enhances performance and wellbeing
- Acquire a toolkit of techniques and resources for using ACT in your coaching practice

MASTERCLASS CONTENT

You will learn how to apply techniques from ACT to help both individuals and organisations achieve what matters to them, and work effectively towards challenging goals. This masterclass provides a toolkit of techniques that can be used in coaching; drawing on cutting edge theory and research developed by the Institute of Management Studies at Goldsmiths.

DR RACHAEL SKEWS is a lecturer in occupational psychology at the Institute of Management Studies (IMS) at Goldsmiths, University of London. Before joining the IMS, Rachael worked in business consultancy with a range of clients from industries across the private, public, and third sectors, both in the UK and internationally. Her consultancy experience encompasses: Leadership and talent development; workplace assessment; coaching; career management and transition; wellbeing in the workplace; stress management; and post-trauma in the workplace.

Rachael's research activities focus on performance and development coaching, and exploring the effectiveness of acceptance and commitment coaching. Rachael is an advocate of evidence-based practice in consultancy and occupational psychology. She is passionate about evidence-based coaching that helps organisations and individuals to perform better, and enhance their wellbeing, so performance is sustainable.

She is the Programme Director for the MSc in Occupational Psychology and PGCert in Coaching programmes, and the convenor for postgraduate research at the IMS. Rachael is a chartered psychologist, and a member of the BPS Division of Occupational Psychology and the BPS Special Group in Coaching Psychology. She is a Director of the International Society for Coaching Psychology, a Fellow of the Centre for Evidence Based Management, and an Associate Fellow of the Higher Education Academy.

LOGISTICS

VENUE

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

DATE

Thursday 9th May 2019

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.