



## Coaching at Work Series of Masterclasses 2019

# Resilience Coaching: Working with the Wobble and the Fall

## Dr Carole Pemberton

**Date:** Wednesday 23rd October 2019

**Venue:** The BPS London Offices

**Timings:** 10.00am – 5.00pm



### MASTERCLASS CONTENT

Resilience has been identified as key to career success and the effectiveness of leaders. A word drawn from the physical sciences is now increasingly used by clients to signal that they are struggling to cope with relentless pressures or they are being impacted by particular events. The focus of this one day masterclass is how coaches can work with resilience issues which are knocking the client off balance, or have caused them to fall. Carole Pemberton will provide an experiential day which builds from input on the nature of resilience and what is known that is relevant for working with adults, and provides exercises and approaches that can be used in working to help the client rebalance or recover. The day will enable coaches to reflect on their own experience of loss of resilience and how their own learning can be of value in working with clients.

### MASTERCLASS OBJECTIVES

The masterclass is designed to deepen coaches' understanding of resilience drawing on key pieces of research. It will equip coaches to recognise when the client is presenting a loss of resilience and how to differentiate it from PTSD and 'burnout'. The day will place a focus on how the coach can use techniques to help the client hold steady when under pressure, and how to help the client move forward when they have fallen. Central to the day will be the use of narrative coaching techniques. By the end of the day you will have both a deeper understanding of resilience and will have experienced ways in which you can work on resilience issues.

### THE MASTERCLASS SUBJECT

- What coaches can learn from 50 years of research on resilience in psychology
- Reflecting on one's own experience of resilience loss and the learning it has provided
- The value of writing to unearth the resilience issue
- A structure for writing the narrative
- Coaching the narrative
- Techniques for working with the resilience wobble

**DR CAROLE PEMBERTON** is a career and executive coach with over 30 years' experience. She has worked with clients at every age and career stage, and across the public, private and not for profit sectors. She is Visiting Professor in Business Coaching at the University of Ulster. Resilience coaching was the focus of her doctoral research, and is the subject of her book "Resilience: A Practical Guide for Coaches" (McGraw Hill 2015). Her interest in resilience is fuelled by her own experience of times when she has had and has not had resilience and her learning from clients who have both wobbled and fallen. As resilience has become a word used in every context from the performance of a football team to the ability of a community to withstand a natural disaster, clients are more openly bringing their resilience issues into coaching work. She believes that clients need more than a measurement of their resilience from a psychometric; they need means of being able to rebalance themselves. They want more than to 'bounce back', they want to move forward with insight. Coaches are well positioned to help clients with both.

### LOGISTICS

#### VENUE

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

#### DATE

Wednesday 23rd October 2019

#### TIME

The masterclass runs from 10.00am to 5.00pm.

#### 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/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 when booking.