



Coaching at Work Series of Masterclasses 2020

Working With Emotions In Coaching

Aboodi Shabi

Date: Tuesday 6th October 2020 (Half Day)

Venue: Online Zoom Platform

Timings: 2.00pm to 5.00pm

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MASTERCLASS OUTLINE

In the early days of coaching, coaches commonly claimed that coaching was about action not emotions. As the coaching profession has matured, emotions are now widely accepted as being a legitimate and essential part of coaching. Emotions are not just about how we feel; they reveal something important about the client's inner world their capacity for action, both of which need to be addressed and explored for sustainable change to occur. Working with emotions requires not just an understanding of the importance of emotions, but also the capacity to be present to the emotions of our coachees and of ourselves.

In this masterclass, we will cover the following:

- The role of emotions in coaching
- The challenges of working with emotions
- The importance of the coach's own emotional work
- Practices and insights to deepen your ability to work more effectively with emotions.

The session will be highly interactive with group discussions and exercises in pairs and small groups. The presentation slides and a full reading list will be available after the session.

ABOODI SHABI has been working as a coach for almost 25 years. In that time he has worked with individual clients, and trained thousands of coaches all over the world. He has had a leadership role within the coaching profession, co-founding the International Coach Federation (ICF)'s UK chapter in 1998, and serving on the ICF global board. He is currently on the editorial board of Coaching at Work magazine.

He is also an invited facilitator on mastery in coaching for several European coaching schools, and a regular speaker on the coaching conference circuit across Europe.

Aboodi is currently Lecturer in Coaching and Behavioural Change at Henley Business School, and has just finished a chapter on Working with Emotions in Coaching for the forthcoming AC Coaching Handbook.

LOGISTICS

FEES

Half-day price:

£60.00 (subscriber),

£72.50 (non-subscriber)

All prices include VAT

Groups of 3+ :

A further 5% discount is available

BOOKING PROCEDURE

Please fill in an application form

on-line at:

www.coaching-at-work.com/

masterclasses