



*offering counselling and psychotherapy services to the region*

CPD Programme 2008-09

# Developing Coaching

**Presented by: Paddy Lund** (BA (QTS), MBACP, PNLP)

**Friday, 3rd July 2009 – 10am to 4pm – Munro House, Leeds city centre**

## Overview of the Workshop

This experiential one-day workshop focuses on developing your coaching skills, giving you the confidence to adopt a coaching style within the workplace or in your therapeutic practice.

Participants will have the opportunity to identify coaching values, apply coaching techniques for performance and development issues, explore their intervention styles, and coach with the GROW model.

## What you will gain from the day

As well as developing effective coaching practices, the workshop will cover specific topics:

- Coaching with the GROW model
- Coaching with psychometrics and diagnostic tools
- Building and sustaining motivation with coaching clients
- Working with conscious perception and developing a coaching mindset
- Building an effective coaching toolkit

## Who should attend

The workshop will appeal to new and developing coaches, as well as those interested in building coaching techniques into their therapeutic practice or the application of coaching in their working environment.

## The tutor

Paddy Lund is a qualified coach, counsellor and NLP practitioner. His background in management consultancy and community development has given him experience of coaching in a variety of corporate and public settings. He is founder and director of development consultancy, Krysallis, and director of Meridian, Leeds Counselling's new service to enhance wellbeing for individuals, teams and organisations. He is an engaging and dynamic presenter.

**FEE: £75, to include refreshments and lunch, materials and CPD certificate  
(£65 if more than one workshop booked at the same time)**

**Leeds Counselling is a charity providing accessible counselling services across the city.  
Your workshop fee will be used to support our charitable activities.**



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## CPD PROGRAMME 2008 – 2009

Leeds Counselling's Continuing Professional Development programme is intended to assist counsellors, psychotherapists and other professionals from diverse theoretical backgrounds. We are pleased to present some experienced practitioners to lead these workshops and offer fresh perspectives that will both stimulate your thinking and enhance your work with clients.

CODE	WORKSHOP DATE	WORKSHOP LEADER	WORKSHOP TITLE
FEB-TG	25 <sup>th</sup> Feb – 1 <sup>st</sup> Apr 09	Tim Gauntlett	The theory & practice of clinical supervision – an introductory training ( 6 evening seminars)
FEB-AS	27 <sup>th</sup> Feb 09	Ann Steel	Working effectively with children & young people through bereavement & loss
MAY-PL	8 <sup>th</sup> May 09	Paddy Lund	An Introduction to Coaching
JUN-EW	19 <sup>th</sup> Jun 09	Ewa Wojciechowska	Destructive processes in groups : a psychodynamic exploration
JUL-PL	3 <sup>rd</sup> Jul 09	Paddy Lund	Developing Coaching

**FEES:** £75 (£65 each if more than one workshop booked at the same time) includes lunch, materials and CPD certificate

**VENUE:** LAF Training Suite, Munro House, Duke Street, Leeds (opposite the bus station)

**TIMES:** 10am – 4pm, with registration from 9:30am

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## BOOKING FORM

I would like to reserve \_\_\_\_\_ place(s) on the following workshop(s): Code(s) \_\_\_\_\_

1<sup>st</sup> delegate name \_\_\_\_\_

2<sup>nd</sup> delegate name \_\_\_\_\_

Contact Address \_\_\_\_\_

Daytime Tel. No. \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_ Profession \_\_\_\_\_

### **PAYMENT – Please highlight**

- I enclose a cheque made payable to Leeds Counselling for the sum of £ \_\_\_\_\_
- I enclose an official invoice request / purchase order from my employer for the amount of £ \_\_\_\_\_

Please send to: Lisa Ellis, Leeds Counselling, Leeds Bridge House, Hunslet Road, Leeds, LS10 1JN  
TEL (0113) 243 3400

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