



offering counselling and psychotherapy services to the region

CPD Programme 2008-09

An Introduction to Coaching

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

Friday, 8th May 2009 – 10am to 4pm – Munro House, Leeds city centre

Overview of the Workshop

This workshop will introduce the concept, principles and practice of coaching. It will provide a beginner's guide to the art of effective coaching in the helping professions and workplace.

Participants will have the opportunity to experience the roles of coach and coachee, practice coaching techniques, discover tools for change, and be introduced to a popular performance coaching methodology.

What you will gain from the day

As well as highlighting the many benefits of coaching, the workshop will cover specific topics:

- What is coaching?
- Attitudes + attributes for effective coaching
- The principle instruments of coaching
- Introducing the GROW coaching model
- Goal-setting techniques
- Unleashing conscious perception
- Tools for change

Who should attend

The workshop will appeal to people 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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Leeds Counselling

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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
JAN-EW	30 th Jan 09	Ewa Wojciechowska (FULLY BOOKED)	Destructive processes in groups : a psychodynamic exploration
FEB-TG	25 th Feb – 1 st Apr 09	Tim Gauntlett	The theory & practice of clinical supervision – an introductory training (6 evening seminars)
FEB-AS	27 th Feb 09	Ann Steel	Working effectively with children & young people through bereavement & loss
MAY-PL	8 th May 09	Paddy Lund	An Introduction to Coaching
JUN-EW	19 th Jun 09	Ewa Wojciechowska	Destructive processes in groups : a psychodynamic exploration
JUL-PL	3 rd Jul 09	Paddy Lund	Advanced 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

BOOKING FORM

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

1st delegate name _____

2nd 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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