



COACHING SKILLS COURSE

(Includes Conflict Coaching)

- **FOUR DAY COURSE**
- **DATES MARCH 3rd, 4th, 17th and 18th 2012**
- **MAXIMUM 12 STUDENTS WITH 2 TUTORS**
- **OXFORD LOCATION**

Call: 0800 078 7904

Email: jamie@mylifegym.com

WHO WE ARE

JAMIE REED

I have been coaching individuals and groups in different contexts for over 10 years. I am a certified in NLP Coaching (Neuro-Linguistic Programming), Psychological Coaching, Sport Psychology and the Solution-Focused approach. I am a psychotherapist and counsellor with a Masters in Psychotherapy and Counselling and an Advanced Diploma in Existential Psychotherapy and Counselling. In addition I am also an accredited mediator working in both the private and public sector.



Jamie Reed

I have coached employees from both the public and private sector at every level from small SMEs to directors of global organisations. I have over two and half years experience as a Case Manager for PPC Worldwide one of the UK's largest providers of Employee Assistance Programmes. The core of this role involved managing a national and global team providing Solution Focused counselling and coaching. I was also on their team of Executive Coaches. I am Co-Director of The CH Group (www.thechgroup.co.uk) which provides Conflict Management and Mediation services. I am also a Non-Executive Director of a large family business.

Jamie's Client Feedback:

"Jamie's questions, guidance and coaching were very insightful."

"Jamie's practical and from my perspective, common sense coaching."

"I cannot recommend Jamie enough"

"Enjoyed working with Jamie, he was authentic, credible and to the point."

MONICA HANAWAY

I am an experienced accredited mediator, psychotherapist (1994), supervisor, business coach, stress management consultant and management and leadership trainer. I hold a number of qualifications including Masters degrees in Medical & Health Sciences, and in Psychotherapy.



I have worked for many years as a coach to senior staff in the public and private sectors and I am course leader for a new course in Existential Coaching due to start at The New School of Psychotherapy and Psychology, London, in 2011. I lecture on many aspects of psychotherapy, organisational psychology, coaching and conflict management and resolution in London and Oxford.

I am Co-Director of The CH Group (www.thechgroup.co.uk) which provides Conflict Management, Coaching, Training and Mediation. I am currently editing a book on Existential Coaching due to be published by Palgrave MacMillan in 2011

Monica's client feedback:

"Monica is one of the most accurate and sensitive listeners I have worked with."

"It was like a light bulb going on and has changed the way I work"

"Monica has such a lovely way about her and her openness and approachability really facilitated a very lively roundtable discussion".

"She can express the most complex issues and theories in a clear and down to earth way".

COURSE AIMS

- To provide an appropriate level of theoretical underpinning knowledge and skills
- To provide opportunities for students to practice, observe and develop these skills in role play

COURSE CONTENT

THE FOUNDATIONS

- What is Coaching?
- Developing a Coaching Contract

CO-CREATING THE RELATIONSHIP

- Establishing trust and intimacy with clients
- Coaching Presence

COMMUNICATION SKILLS

- Active Listening
- Interventions: Reflecting back, paraphrasing, feeding back
- Tuning in and out, bracketing assumptions

FACILITATING LEARNING AND RESULTS

- Developing awareness
- Planning and Goal setting
- Managing Progress and Accountability

COURSE FORMAT

Each day will follow a similar format (10am to 5pm) commencing with thoughts and reflections on the course so far. This will be followed by a short talk from the tutors on the core theory and skills being considered that day. We will then focus the remainder of each day on role play sessions in breakout groups where students will practice what has been learnt.

COSTS AND VENUE DETIALS

FOUR FULL DAYS TRAINING

£400

(10am to 5pm) DATES and TIMES:

March 3rd and 4th and 17th and 18th 2012

Ruskin College

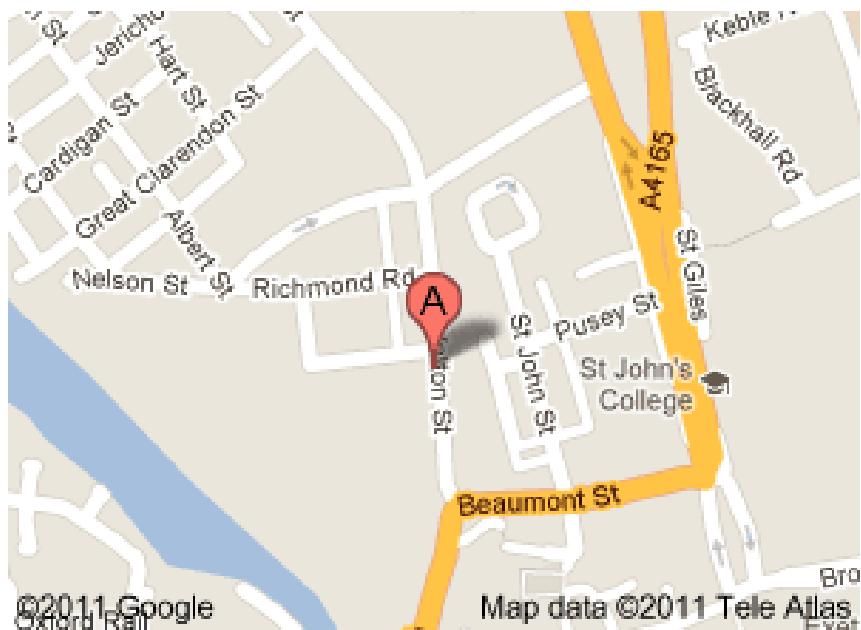
Webb Building,

Dunstan Road,

Headington

Oxford

OX1 3LW



BOOKING FORM:

Remember as the course is limited in numbers we advise that you get in contact early to secure your place. We will be asking for a refundable (50%) deposit to secure your place with full balance being received. This is completely refundable if the course should not run for any reason. Final balance will be due by February 1st 2012.

NAME:

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ADDRESS:

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EMAIL:

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MOBILE NUMBER:

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Please make cheques payable to 'Jamie Reed'. For online payments please email jamie@mylifegym.com for account details.