

Growing a Coaching Nature

Date	09:15	Time	17:00
Venue	Madingley Hall Madingley Cambridge		
Tutor	Margaret Walsh	Course code	1819NDX401

For further information on this course, please contact Liz Deacon, Academic Centre Coordinator – Professional Studies
01223 746227 or coaching@ice.cam.ac.uk

To book See: www.ice.cam.ac.uk or telephone 01223 746262

Tutor biographies

Margaret Walsh undertakes a wide variety of work which includes working as an Assessor for the Chartered Institute of Personnel & Development (CIPD). She is a very experienced Coach, a Psychotherapist and a Supervisor of both Coaches and Counsellors. Her qualifications and professional membership include: MA in Human Resource Management, Fellow of the CIPD, Master Practitioner of NLP, Level 6 Certificate in Coach/ Counselling Supervision, Registered Member of the British Association of Counselling and Psychotherapy (BACP) and Member of the Association of Coaching (AC).

Margaret worked for over twenty-five years in HR across all employment sectors. She saw first-hand the challenges and stress that both leaders and employees experienced, and the value that an effective coaching intervention could bring. In recent years, she has focused her coaching work to work at a deep, psychological level to bring about change. An area of interest for Margaret is how to integrate nature into coaching work to increase self-awareness and sensory acuity to bring about effective change. She has written on this subject for both the AC and BACP.

Programme:

09:15	Terrace bar open for pre-course tea/ coffee
09:45	<p>Connecting to yourself and increasing your self-awareness as a coach by increasing your sensory awareness through being in nature. Recognising the parallel process that exists between being in nature and tuning into our natural self.</p> <p>Understanding how your beliefs, thoughts and feelings impact on the coaching relationship. Being 'present' and able to listen at a deep level to the coachee. Undertaking a meditation in nature to connect to self in a mindful way. Using your deeper connection to yourself to guide your coaching practice through deeper-level listening; greater empathy by tuning into the coachee's (perhaps hidden) nature; and using more intuitive, well-formed questions. Debrief.</p>
11.15	Coffee
11:45	<p>Practical Coaching exercises in Nature</p> <p>Gaining insight into the stages of development as a coach. Undertaking timeline work and applying John Whitmore's GROW model to this work. Working in nature to connect more deeply with future goals and the steps required to achieve those goals. Using the space within the gardens to give a space for both the coach and the coachee to think deeply and to draw inspiration from the rhythm of the wider, natural world. Debrief</p>
13:00	Lunch
14:00	<p>Working with Cognitive Behavioural Coaching (CBC)</p> <p>Overview of Cognitive Behavioural Therapy (CBT). Understanding distorted thinking. Applying ideas from CBT to coaching by walking in nature. Using either a slow, meditative pace or faster pace to work through issues and mark progress through movement in the outside world. Breathing energy into new ideas. Debrief.</p>
15:15	Tea
15:45	<p>Ideas on how to integrate nature into your coaching practice</p> <p>Practical processing of learning from course into an action plan. Exploring what remains unanswered through a mindful walk. Practical pointers on how to integrate nature into coaching practice when you are unable to go outside. Final Q&As.</p>
17:00	Day school ends

Aims:

This course aims to provide:

- How to experience the psychological benefits of being connected to nature as a coach and how this increases your self-awareness and improves your coaching work.
- Explore four different ways to work with coaching clients in nature.
- Take away practical ideas on how to simply integrate nature into your coaching practice.
- Experience nature and the beautiful grounds of Madingley to connect more deeply with your own sensory awareness.

Content:

Increasingly there is evidence to show the health and wellbeing benefits of being in nature and these are examined as part of the course. Research shows that it is the coaching relationship that has the greatest impact on coaching effectiveness and this course both facilitates the coach tuning into his/her nature and this also happening for the coachee. The space and beauty of working outside in the beautiful gardens at Madingley enhances this coaching work. The fundamentals of being a highly-effective coach will be addressed, and attendees self-awareness will be sharpened in insightful ways. Practical exercises have been prepared to practice coaching skills and learn from the experiences. Best practice in the use of coaching tools, like timeline work, are an intrinsic part of this course.

Presentation of the course:

This is a highly interactive course that builds on the core skills of coaching and applies them in nature. A large proportion of the time will be spent working outdoors and attendees will need to be equipped for the weather and mindful of H&S considerations when working outdoors.

As a result of the course, within the constraints of the time available, students should be able to:

(Please list here the outcomes of the course. The course will probably have between two and four outcomes.)

Deepen their awareness of own beliefs, thoughts and feelings and how to manage the boundary better when working with coachees.

Practice core, best practice, coaching tools in nature and experience the difference of using greater sensory information when coaching.

Take away practical ideas on how to integrate nature into coaching practice.

Reading and resources list

Listed below are a number of texts that might be of interest for future reference, but do not need to be bought (or consulted) for the course.

Author	Title	Publisher and date
Hawkins, P & Shohet R	Supervision in the Helping Professions - 4 th edition	Open University Press: Maidenhead, 2012
Jordan, M	Nature and Therapy	Routledge: Hove, 2015
Louv, R	The Nature Principle – Reconnecting with Life in a Virtual Age	Algonquin: North Carolina, 2012
Miyazaki, Y	Shinrin-Yoku – The Japanese Way of Forest Bathing for Health & Relaxation	Aster: London, 2018
Sabini, M	CG Jung on Nature, Technology & Modern Life	North Atlantic Books: Berkeley, 2008

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:

<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on

ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 14 February 2019