

## Post-Graduate Certificate in Psychosynthesis Leadership Coaching

Five-month coach development programmes: *London (King's Cross)*: next starting January 2019

*Are you ready to take your coaching practice to the next level?*

### Do you want to...

- ✓ Gain a solid grounding in the skills, principles and models of coaching
- ✓ Become certified as a coach with an academic qualification and professional accreditation (APECS)
- ✓ Embed your learning through plenty of practice in a safe environment

### PLUS

- ❖ Build psychological mindedness and developmental awareness
- ❖ Work on your own personal development and emotional mastery
- ❖ Explore and experience the field of psychospiritual psychology

The **Post-Graduate Certificate in Psychosynthesis Leadership Coaching**, validated by **Middlesex University**, gives you all this in a five-month, part-time course (typical study period 10-12 months)

**Five 3-day training workshops** (Friday-Sunday), are held over five consecutive months. The pre-requisite is to have attended the **Fundamentals of Psychosynthesis** (4 days), or an equivalent introduction to Psychosynthesis, e.g. **The Essentials** at the Psychosynthesis Trust.

These are supported by **self-directed learning activities**, including reading, self-reflection, peer-coaching, tutor coaching and written papers.

This evolutionary programme goes beyond conventional performance and behaviourally oriented approaches. Suitable for internal and external coaches, both experienced and those new to the role.

The workshops are highly practical, experiential and focused on giving new coaches the basic skills they need and more experienced coaches an opportunity to integrate their learning with new perspectives.

### What participants have said...

*"This course is so well structured that it ensures everyone gets what they came on it for and much more. The depth and breadth of content is breath-taking..."*

*"It has given me a solid framework in which to couch my coaching practice and I also feel liberated to follow my intuition as I continue to work on myself and with my clients."*

*"A fantastic experience that I will never forget... the authenticity of Paul and Aubyn really elevated the course to a level I have never before experienced with a face-to-face course."*

*"I felt the course involved a wonderful synthesis of personal, systemic and spiritual work which was constantly grounded in the day-to-day challenges of coaching and organisational life. Inspiring but also deeply practical."*

*"This course was a life changing experience for me... the learning has supported me in making step changes in my role as a CEO and enabled me to confidently practice as a leadership coach."*

## Programme Elements

### Five-month Professional Development Programmes

(study period to graduation: 12 months)

#### Next dates:

Programme 6 (Kings Cross): 15 - 17 Feb 2019, 15 - 17 Mar, 12 - 14 Apr, 17 -19 May, 14 - 16 Jun

Programme 7 (Kings Cross): 20 - 22 Sept 2019, 18 - 20 Oct, 15 - 17 Nov, 13 - 15 Dec, 17 - 19 Jan 2020

### Fundamentals of Psychosynthesis

(pre-requisite) next dates, all Hendon: 9 - 12 November, 25 - 28 January 2019

### Fees

Corporate/large organisation: **£4350 + VAT**

Small practice/independent: **£3480 + VAT**

+ University of Middlesex registration: **£750**

+ Fundamentals of Psychosynthesis: **£350**

### Core learning elements:

**1: Foundations of Psychosynthesis Leadership Coaching** – basics of psychosynthesis coaching; context, method, models, skills and tools

**2: Agendas in Leadership Coaching** – the organisational and leadership context; working with inner and outer agendas, including purpose, meaning, values and crisis

**3: Coaching Psychology** – working at three psychological levels with the client; prepersonal, personal and transpersonal

**4: Leadership Development** – coaching interventions, working with mindsets and subpersonalities; introduction to leadership development

**5: Challenges of Leadership Coaching** – 5DL: Five Dimensions of Leadership, our model of inner leader development; introduction to systemic coaching and constellations; practical, personal and professional challenges of coaching.

The **agendas or issues** that leaders bring to coaching have both outer and inner dimensions. Working with your clients on the inner dimension requires **psycho-spiritual awareness**, which we help you develop on this course.

## What is special about Psychosynthesis Leadership Coaching?

This is currently the UK's only Coaching Certification programme founded upon Psychosynthesis as a core coaching depth and height psychology.

Psychosynthesis is an **integrative psychology** that is concerned with the whole human being, with all levels of consciousness and unconsciousness, higher as well as lower.

It encompasses and explores the **nature of self, will and being**, which equips the coach to tackle core existential issues of identity, purpose, meaning and values, as well as to deal with the significant crises that can arise for their clients.

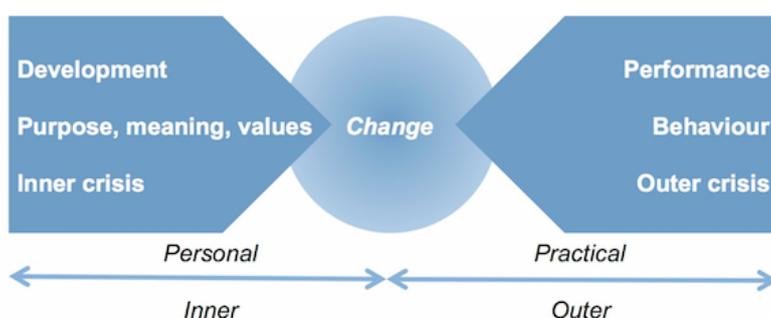
Psychosynthesis provides a powerful **coaching psychology** that can help us connect with our inner resources, activate the will, strengthen our sense of self and develop our capacity for being in right relationship with others. It gives **coaches a context, method and techniques** for helping leaders meet the personal and human challenges of complex organisational change. It provides an accessible grammar for **transforming organisations** through activating principles of wholeness and purpose.

The course integrates the latest learning in psychology and related fields, including **developmental psychology** and **systemic coaching**.

You will build your **developmental awareness** of yourself and the leaders you are coaching – as well as **situational awareness** of organisations, so that you can adapt your coaching approach according to the context and needs of your clients.

The PGCPLC is a qualification in its own right that can lead to Professional Membership of **APECS** (the UK's leading professional body for executive coaches), and can be followed by the **MA in Psychosynthesis Psychology**, for those wishing to continue their development.

## Our model of leadership agendas



## Who is it for?

- ❖ **External and internal** coaches, working within all types of organisation; corporate, large, medium or small; commercial businesses, public services such as local authorities, health and education, as well as charities and not-for-profit.
- ❖ Coaches who have hit up against the limitations of their existing training and experience, and want to learn **how to work psychologically** to deal with emotional issues and spiritual challenges (e.g. of identity, purpose, meaning, values, crisis)
- ❖ Organisational leaders or professionals who are **starting out on a coaching career** and want a coach training programme that builds upon their existing level of experience and development
- ❖ Counsellors and therapists who are looking for a **coach conversion** training that enables them to work at depth with leaders in organisations

## How has this come about?

*This unique course is the result of a partnership between The Institute of Psychosynthesis, which brings 40 years' experience of developing counsellors, therapists and coaches, and Psychosynthesis Coaching Limited, which is dedicated to meeting the emergent needs of the coaching profession and of organisational leaders.*

## What is leadership coaching?

We define coaching as...

1. a supportive, enabling and empowering relationship and activity that honours the autonomy, resourcefulness, creativity and responsibility of the client
2. ...and that is goal, future or outcome oriented in purpose

and leadership coaching...

3. takes place within an organisational context, often involving a coaching sponsor and manager as well as the individual client
4. focuses on leadership as a calling rather than as a formal role
5. can involve working with individuals and teams as part of an organisational system

*"The nature and scope of the work that is possible in leadership coaching is determined by three things; the professional capability and personal capacity of the coach; the openness, development and availability of the client; and the nature of the needs and issues they bring. Different coaches can work at a greater or lesser level of depth, involving emotional, personal and psychological ground, depending upon their training, skills and experience."*

## What else is different about this course?

In addition to core coaching competencies, the course helps you develop six meta-skills:

1. **Self-reflection**, as the foundation for reflective practice
2. **Presence** and being authentic
3. **Psycho-spiritual** mindedness and awareness
4. Mastery of the **psychological functions**, including imagination and intuition
5. **Using Self/self** as an instrument of change
6. **Systemic thinking**, holding multiple perspectives, working at different levels

## Which Psychosynthesis models do we draw upon?

1. Self and Will
2. Trifocal Vision
3. Right-relations
4. Sub-personalities
5. Mindsets
6. Guided meditation and mindfulness

## Foundations of Psychosynthesis Leadership Coaching includes:

### Core 'human' coaching competencies:

- ✓ Active listening
- ✓ Powerful questioning
- ✓ Dynamic communication
- ✓ Building trust in the coaching alliance
- ✓ Impact and influence
- ✓ Right relationships

### Core 'process' coaching competencies:

- ✓ Engagement and contracting
- ✓ Creating awareness
- ✓ Agenda forming and goal setting
- ✓ Planning interventions
- ✓ Coaching cycle delivery
- ✓ Managing and reviewing progress

### Coaching models include:

- ✓ Trifocal Vision
- ✓ GROW
- ✓ Heron's Six Category Intervention Analysis

### Key perspectives for leadership coaching:

- ✓ Developmental
- ✓ Systemic
- ✓ Somatic

### Outcomes and take-aways

- ❖ Professional coaching **Certification** and **Qualification** academically-backed by Middlesex University
- ❖ Professional **Accreditation** through option for fast-track Professional Membership of APECS
- ❖ Solid foundations in the **principles, skills, model and tools** of leadership coaching
- ❖ Grounded understanding of the **Psychosynthesis context and method** of coaching
- ❖ Enhanced ability to work **psychologically** as a coach and a deeper awareness and understanding of **human behaviour and development**
- ❖ Understanding of **organisational dynamics** and the **leadership agendas** that are brought to coaching
- ❖ **Personalised plan** for your on-going personal and professional development as a coach

### What is Psychosynthesis?

Psychosynthesis is an integrative, holistic, *depth* and *height* psychology that builds upon the foundations of psychoanalytic, Jungian, humanistic and developmental psychologies.

### What is our approach to learning?

- Mastery in coaching involves **Personal and Professional Development**. The course is about what it means to **be a leadership coach**, as well as what a leadership coach **does**.
- Wide **mix of learning activities**, including skills practice and role modelling alongside theoretical and experiential learning
- **Supervised peer learning practice** sessions, with frequent opportunities to witness how other people coach
- Case **clinics and fishbowls** to learn collectively as a group about what works.

### How do I enrol?

For more information on the coaching course go on-line at:

<http://www.psychosynthesiscoaching.co.uk>

or contact:

Aubyn Howard at [aubyn@psychosynthesiscoaching.co.uk](mailto:aubyn@psychosynthesiscoaching.co.uk) or on 07801861416,

or Paul Elliott at [paul@psychosynthesiscoaching.co.uk](mailto:paul@psychosynthesiscoaching.co.uk) or on 07967302971

To enrol for the course, please complete our on-line application at:

<http://www.psychosynthesiscoaching.co.uk/psychosynthesis-leadership-coaching-application-form/>

*This course gives you the professional handrails and personal confidence you need to coach senior leaders*

Course validated by:



The CPD Standards Office  
CPD PROVIDER: 21290  
2015 - 2017  
[www.cpdstandards.com](http://www.cpdstandards.com)



### Who leads the course?

*Psychosynthesis Coaching has been set up by two experienced coaches and psychosynthesis practitioners, Aubyn Howard and Paul Elliott, who lead the course supported by a team of experienced leadership coaches, to give students different role models to engage with and learn from.*

#### Aubyn Howard

MSc in Change Agent Skills and Strategies with HPRG at Surrey University (1999).

Aubyn has 30 years' experience as a management consultant, facilitator and coach, bringing about

transformational change and leadership development by working closely with senior leadership teams. Trained with the Institute of Psychosynthesis between 2000-2004. BSc Economics, PG Certificate in Education, Certified Spiral Dynamics and NLP practitioner and APECS Accredited Executive Coach.



#### Paul Elliott

MA in Applied Psychosynthesis, BTech, MCIPS. Paul had a successful career in manufacturing over 28 years and held leadership positions in The Hawker.

Siddeley Group, Ebac Limited and Rolls-Royce plc. In 2002 he pursued an independent consulting and coaching career and studied at the Institute of Psychosynthesis from 2003 to 2007. Since then he has developed a successful Coaching Practice working with senior leaders in a variety of organisations. APECS Accredited Executive Coach.



© Psychosynthesis Coaching Limited 2018