

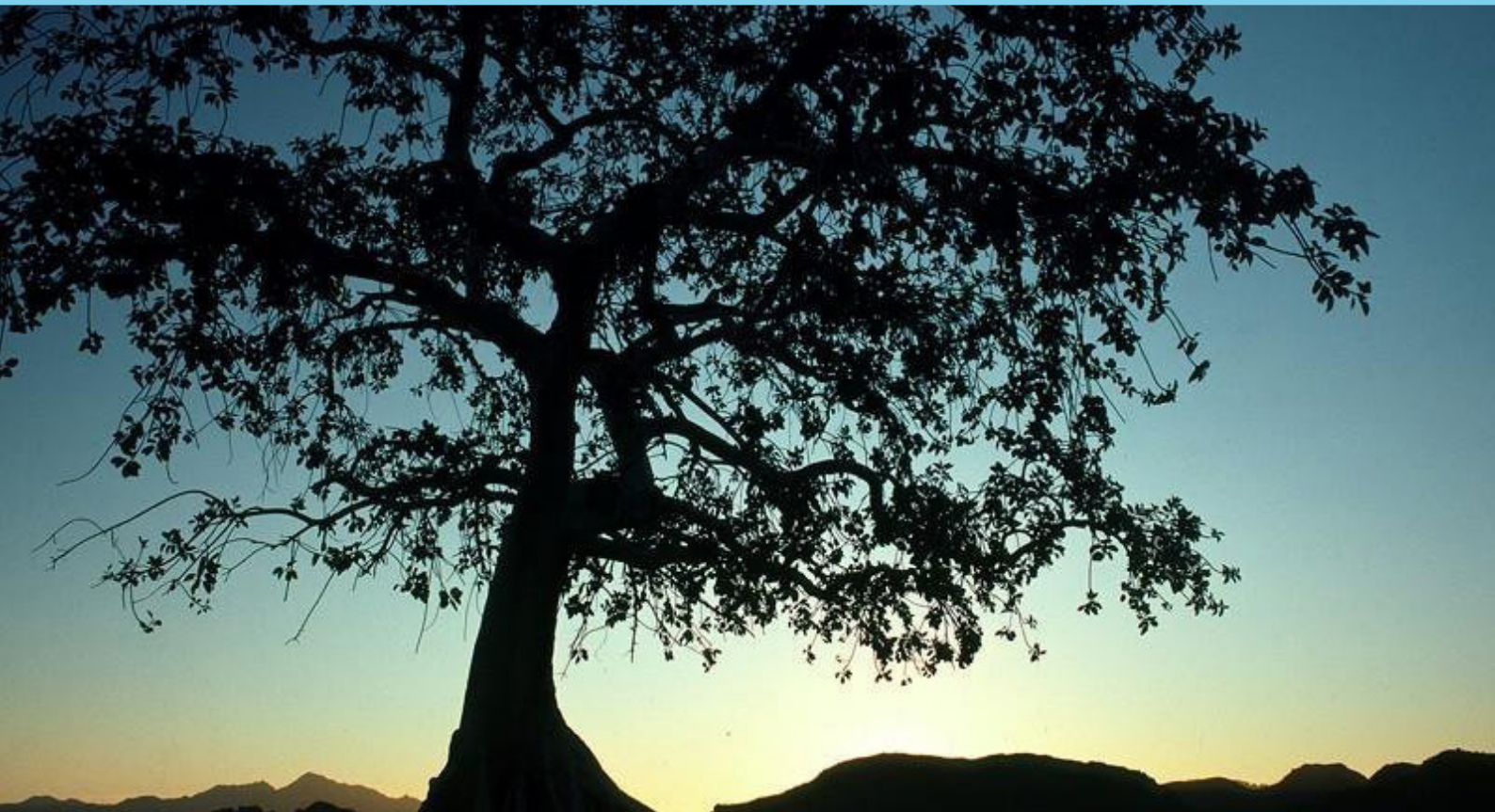


PCL's First
Psychosynthesis Coaching
SYMPOSIUM

Wednesday 14th November 2018

NCVO, 8 All Saints Street, London, N1 9RL

From 09:30 to 18:00



INTRODUCTION

Welcome to **PCL's First Annual Psychosynthesis Coaching Symposium!**

This welcome pack and workbook includes the Agenda and also provides material relating to each session and a place to make notes from the day. The same information can be found on our website at: **www.psychosynthesiscoaching.co.uk/symposium-2018**

You will see from the Agenda that there are morning and afternoon workshop sessions, for which you can decide between two options each time.

At the end of the day... Please complete the feedback form, using the paper version in this pack or following the email link we will give you during the day. It would be brilliant if you could complete this within the next 2 days. We can only send you a CPD certificate once you have completed this form.

You are welcome to join us afterwards from 18:00 at the Penthouse Room of the Driver Gastro Pub, 2 minutes' walk away. It doesn't matter whether you previously indicated that you would be coming or not.

Context for the Day

Today will provide an opportunity for:

- Psychosynthesis coaches from different training backgrounds to connect with the wider psychosynthesis coaching community
- Leadership coaches new to psychosynthesis to get a taste for this psychospiritual approach to coaching
- Hearing about leading-edge coaching approaches which are synthesised within the integrative psychology of psychosynthesis, including systemic, somatic, developmental and mindfulness coaching
- Understanding the wider context in which you can make a powerful contribution in the leadership and organisational world

We very much look forward to sharing the day with you.

Paul Elliott, Aubyn Howard and Rachel Houghton

AGENDA

09:00 for a 09:30 start	Arrivals & Registration Refreshments available
09:30 - 10:00	WELCOME: Setting the scene for the day
10:00 - 10:45	PLENARY: Psychospiritual coaching - with Roger Evans
10:45 - 11:00	Break
11:00 - 12:30	WORKSHOPS: participants choose between either: 1. Coaching in a VUCA World - with Keith Silvester and Heather Wignall 2. Systemic Coaching and Constellations - with Ruth Rochelle
12:30 - 13:45	Networking Lunch
13:45 - 14:30	PLENARY: Mindfulness: Self-care for Coaches - with Keith Hackwood
14:30 - 16:00	WORKSHOPS: participants choose between either: 3. Somatic Coaching - with Harriet Hanmer and Laira Gold 4. Developmental Thinking for Coaching - with Aubyn Howard
16:00 - 16:20	Break
16:20 - 17:00	PLENARY: Neuropsychology for Coaching - short presentation and discussion led by Aubyn Howard
17:00	PLENARY: Synthesis! - Connections and sharing from the day
18:00	Optional drinks & dinner at The Penthouse Room of the Driver Gastro Pub

WELCOME: Setting the scene for the day

09:30 - 10:00

Aubyn Howard and Paul Elliott

Your objectives for the day

1

2

3

Your hopes and expectations?

Any concerns or fears?

NOTES



PLENARY: Psychospiritual Coaching

10:00 - 10:45

Roger Evans

Roger Evans will speak about his evolving model of Trifocal Vision, core to psychosynthesis coaching. This opening session will act as both an introduction to those new to psychosynthesis coaching and to its core model and method, and a clarification and development of these for those coaches who have previously received some training in this approach.

*Roger Evans is the co-founder, in 1973, with his wife Joan, of the Institute of Psychosynthesis, a psychotherapy, counselling and coaching training school in London, UK. He is also Managing Director of CLC, a management consulting practice that works with boards, CEOs and senior leadership teams of global corporations on issues of leadership transformation and change. He is an accredited psychotherapist and has been training and supervising coaches for the past 35 years. He is the co-author, with Peter Russell, of the book *The Creative Manager* (1989) and is about to publish his new book, *5DL Five Dimensions of Leadership*.*

Session summary

Your notes and reflections

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WORKSHOP 1: Coaching in a VUCA World

11:00 - 12:30

Keith Silvester and Heather Wignall

VUCA stands for Volatility, Uncertainty, Complexity and Ambiguity. It draws originally on the leadership theories of W Bennis and B Nanus, and was developed by Ron Heifetz and Marty Linsky under the more generally known term 'Adaptive Leadership'.

As a term beloved by the American military, VUCA is now widely used to encapsulate the conditions under which organisational systems have to operate and make decisions in a postmodern world. It would seem that the four aspects of VUCA map on to certain psychological themes that are taught in psychosynthesis and other therapeutic models: Volatility (lack of object constancy), Uncertainty (existential survival anxiety), Complexity (systems thinking and mind development), Ambiguity (interpretation and relative meaning). Heifetz apparently studied/undertook psychoanalysis and draws on this in advising leadership to 'create holding environments', 'regulate emotional distress', 'create dissent on the front line' and encourage adult-to-adult relating.

In this workshop we will be exploring each of these four aspects both experientially and theoretically, and looking at ways VUCA and Adaptive Leadership can be used in contemporary coaching to support individuals in organisational contexts and wider systems.

Keith Silvester is a UKCP registered psychotherapist, BACP senior accredited counsellor, and qualified teacher of the Alexander Technique. A long-term graduate of the Institute of Psychosynthesis in London, he recently completed Roger Evans' 5DL Coaching Diploma. Professionally trained as a community worker, for many years Keith was an organisational consultant specialising in team conflict in the voluntary and arts sectors, before becoming Head of the Counselling and Advisory Service at Central School of Speech and Drama in London, and then Director of Programmes at the Psychosynthesis Trust in London until 2010, where he continues as a supervisor, trainer and group dynamics facilitator. Until 2017, he was Chair of Training Standards of the Humanistic & Integrative College of UKCP. Keith is a graduate of the University of Cambridge, holds an MSc in Training from the University of Leicester and is a Fellow of the Royal Society of Arts.

Heather Wignall is a certified coach, group facilitator and trainer who works with individuals and teams at all levels. She is a UKCP registered psychotherapist, a Chartered Fellow of the Institute of Personnel and Development, and studied leadership at the Centre for Leadership Studies at Exeter University. She provides coaching and leadership development programmes to organisations across all sectors. Heather has a particular interest in personal and organisational resilience, and in how people in leadership roles at all levels can thrive, survive, and remain in relationship in today's volatile, uncertain, complex and uncertain world. Before becoming a consultant fifteen years ago, Heather worked at senior level in Save the Children UK and in the NHS. Heather is an Academic Tutor at the Psychosynthesis Trust where she teaches research methods and facilitates group dynamics. She is a Board member at the Maytree Suicide Respite Centre.

WORKSHOP 1

Session summary

Participants

Your notes and reflections

WORKSHOP 2: Systemic Coaching and Constellations

A powerful method for unlocking organisational health

11:00 - 12:30

Ruth Rochelle

Bert Hellinger, a German psychotherapist, developed a therapeutic method called Family Constellations - a method which has been used and built upon by many practitioners. Relatively recently, the approach has been adapted for coaching within organisational systems, applying family systemic principles to serve organisational health at the level of individuals, teams and whole organisations.

Many challenges stem from unhealthy system dynamics rather than / in addition to personal issues and therefore require systemic interventions to unlock a healthy flow - even when working one-to-one with an individual leader. The power of this approach is that it draws from the wisdom of the 'felt-sense' and allows us to become conscious of, and liberate, important awarenesses previously hidden - leading to the release of invisible blocks and stuck-ness, resulting in greater clarity and vitality.

This workshop draws from Ruth Rochelle's many years' experience of coaching leaders and senior management teams and from the work of John Whittington, author of the book 'Systemic Coaching & Constellations'. It will offer an opportunity to identify common system dynamics together, to experience the transformative potency of this method - both as coach and coachee, and to explore possibilities for applying the approach as a coach.

Ruth Rochelle has more than 25 years' experience as an executive and team coach and workshop facilitator, working with leaders, owners, young emerging leaders, and senior management teams (including working virtually with global teams) supporting them through organisational change, rapid growth, succession, starting up and pre/post acquisition.

In 1991 she became one of the original coaches at The Coaching House, one of the UK's first executive coaching companies. She was instrumental in building the company's approach and led many projects for them during their first eight years of business. She started up, and for five years was the MD, at the UK hub of Insight, an international training company. She launched Creation in 1999.

Alongside her corporate work she is one of a small global team of facilitators presenting transformational development seminars around the world to groups of up to 200 people. Ruth has coached over 10,000 people in this dynamic format. She is currently a faculty member for Psychosynthesis Coaching's 'Certificate in Psychosynthesis Leadership Coaching' and recently served as a Board Director for APECS (Association of Professional Executive Coaching and Supervision).

Ruth is an APECS Accredited Executive Coach, has a Master Practitioner Diploma in Systemic Team Coaching with the Academy of Executive Coaching, is an Integral Development Coach with New Ventures West, has diplomas in NLP and Psychosynthesis, is experienced in R2 Strengths Profiler, and is certified in The Leadership Circle and MBTI profiling tools.

WORKSHOP 2

Session summary

Participants

Your notes and reflections



PLENARY: Selfcare for Coaches using Mindfulness

13:45 - 14:30

Keith Hackwood

In this session we will first explore the issues and challenges facing coaches in attending to their own wellbeing and care whilst supporting and challenging others, often in intense circumstances and for extended periods of time. Using Mindfulness approaches and underlying research we will examine possible blocks to attending to self-care, tools for cultivating compassion for self (which will also be useful with clients), and transpersonal contexts for framing the field of attention and care between one and another.

The session will largely be experiential, with space for considering applying the methods introduced in various other contexts.

Keith Hackwood is a Psychosynthesis therapist and supervisor living and working in South Wales. He has extensive experience in a variety of settings (especially Universities, prisons and schools) and a successful private practice. Since 2005 Keith has taught Mindfulness courses to the general public and within a range of organisations (local authorities, NHS teams, corporate enterprises) both as an individual and under the auspices of Mindful Space (www.mindfulspace.co.uk).

In 2016 Keith recorded an online course in Creative Mindfulness, an eight-part exploration of how Mindfulness can be turned toward the service of creativity and beauty in our lives and our practice.

Keith is an Executive Committee member of the BACP Spirituality Division. For further details see www.keithhackwood.com

Session summary

Your notes and reflections

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WORKSHOP 3: The Body Speaks - Deepening somatic connection in service of the client and emergent intelligence

14:30 - 16:00

Harriet Hanmer and Laura Gold

Whether we are aware of it or not, information flowing from the body to the brain influences our thinking. We inhabit a bodyfeelingsmind continuum. In modern culture, divorced so often from the natural world, it is normal for people to be relatively disconnected from their body and its associated feelings. We may experience numbness and dislocation as a result. Life can feel grey and meaningless.

As psychosynthesis coaches we endeavour to listen deeply to the Being of the client, and we can only do this by listening deeply to our own Being, including our body. When we stop trying to get rid of the body and its myriad feelings, and instead become curious about its what it has to communicate, we enter a paradigm shift in which we become ever closer to the Being of self and other, and can enter the flow of the collective emergent.

Harriet and Laura will share their 15+ years' experience of working with horses in the context of Equine Guided Learning and share how these creatures can help us to really attend to the wisdom of the body.

Harriet Hanmer is a psychologist specialising in leadership coaching and organisational development. She has a particular passion for combining this with the magic of equine guided learning. She has worked with executives from Apple, Ebay, Paypal, Nissan, Ashridge and government directorates.

Harriet is an experienced facilitator of group work, in particular for women, and is passionate about supporting the emergence of feminine qualities to rebalance gender dynamics in organisations. She graduated from the Institute of Psychosynthesis with an MA in Psychosynthesis Coaching in 2016. She is a coach and supervisor of 5DL and psychosynthesis coaching students and graduates. She is an experienced horsewoman, and has a herd of four horses who join her in working with clients.

Laura Gold is a Psychotherapist and Equine Behaviourist, with a passion for Equine Guided Learning where these two skill sets combine. Known for her clarity and warmth, Laura has a capacity for working at an embodied level, for deep listening and holding.

Laura is passionate about working with women in organisational life, enabling clients to release from self-doubt and old patterns that no longer serve them to find new ways to connect to their core being. Laura's first career was in Institutional Equities at one of the major US Investment Banks. She has worked across the UK, USA and Europe, with a focus on Relationship Development and Management.

Laura is one of a small number of hand-picked Certified Monty Roberts Instructors around the globe, teaching the methods of the world-famous horseman. She runs courses teaching Monty's principles, facilitating others to strengthen the human-horse bond. Laura splits her time between working with Women in Leadership and Management and running a private Psychotherapy practice from her home in Northamptonshire. She is a mother of two boys and lives with her family and herd of two horses.

WORKSHOP 3

Session summary

Participants

Your notes and reflections

WORKSHOP 4: Developmental Thinking for Coaching

14:30 - 16:00

Aubyn Howard

The session will start with a short seminar to set up the backdrop of today's crisis of leadership, to work with the group to explore the essence of evolution, and to introduce Frederic Laloux's evolutionary paradigm and how this maps against other approaches to development. We will then break into group discussions to explore the big question of how we as coaches can support leaders to make this critical transformation or developmental shift in their consciousness. I have some suggestions but I am also excited about what will emerge from our collective engagement in this topic!

***Aubyn Howard** is the co-founder (with Paul Elliott) of Psychosynthesis Coaching Limited, which runs the Post-Graduate Certificate in Psychosynthesis Leadership Coaching Programme twice a year in London in partnership with the Institute of Psychosynthesis. A version of the programme runs in Italy in partnership with IPE and an international version will start in 2019. Aubyn holds an MA in Psychosynthesis Psychology with the London Institute of Psychosynthesis and an MSc in Change Agent Skills and Strategies at Surrey University. He draws upon more than 30 years' experience as an organisational consultant, facilitator, educator and coach, bringing about transformational change and leadership development. He has extensive experience supporting leaders from all sizes of organisation, across many different sectors and national cultures. He is an APECS Accredited Executive Coach. Author of Chapter 4: Therapy and Coaching, and Chapter 15: The Alchemy of Coaching, in: The Call of Self, Psychosynthesis Life Coaching, Edited by Dorothy Firman (2018).*

Session summary

- Today's leadership crisis
- The shape, principle and pattern of the evolution of human consciousness
- Laloux's evolutionary paradigm and evolutionary organisations
- Evolutionary/Teal as a place to come from rather than to get to
- The big question - how do we as coaches nurture, activate and encourage the evolutionary paradigm in emergent leaders in organisations and society?
- How do we take this forwards?

Participants

WORKSHOP 4

Your notes and reflections



PLENARY: Neuropsychology for Coaching

16:20 - 17:00

Aubyn Howard

A short presentation and discussion led by Aubyn Howard. Is neuroscience telling us anything new? How do we reconcile scientific and psycho-spiritual perspectives?

Most coaches will have come across neuroscience or neuropsychology in some form or other. Unless you have explored the field extensively for yourself, you may be wondering what there is to learn from this rich new seam of discovery and how you might draw upon it in your coaching practice.

I have prepared for this session from the perspective of the psychosynthesis coach, a perspective which values inner inquiry and experiential knowledge as a valid scientific path alongside behavioural observation and scientific discovery in the material world. We work with the inner lives of our coaching clients throughout all levels of consciousness and realms of the psyche (e.g. body, feelings, mind, spirit, etc) as well as their outer lives of action, behaviour and goals. From this perspective, is neuroscience:

1. telling us what we already know about the mind, by using an explanation of what is going on in the brain
2. telling us something significantly new or different that we should listen to and incorporate in our coaching; or
3. telling us that we have got some things wrong and need to work in a new or different way?

To answer this question fully, I have delved into two different sources; Paul Brown and Virginia Brown's 'Neuropsychology for coaching' and Sarah McKay's 'Your brain health' website, where she unpacks the 'Seven principles of neuroscience every coach should know'. I have also drawn from my own research of the wider field of neuropsychology (e.g. David Eagleman, Thaler and Sunstein) and experimental psychology (e.g. Daniel Kahneman) over the last ten years or so. Whatever we may think of neuropsychology, we certainly can't ignore it and I will suggest why!

Session summary

- What is neuroscience and neuropsychology telling us about coaching? Is it telling us anything new?
- How do we reconcile scientific and psycho-spiritual perspectives?
- Where do we start?

Your notes and reflections

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PLENARY: Synthesis

17:00

Sharing from the day and completion. Sharing on the theme of bringing together leading-edge coaching approaches which are synthesised within the integrative psychology of psychosynthesis - including systemic, somatic, developmental and mindfulness coaching.

What are some of your:

- Realisations?
- Connections?
- Synthesis?

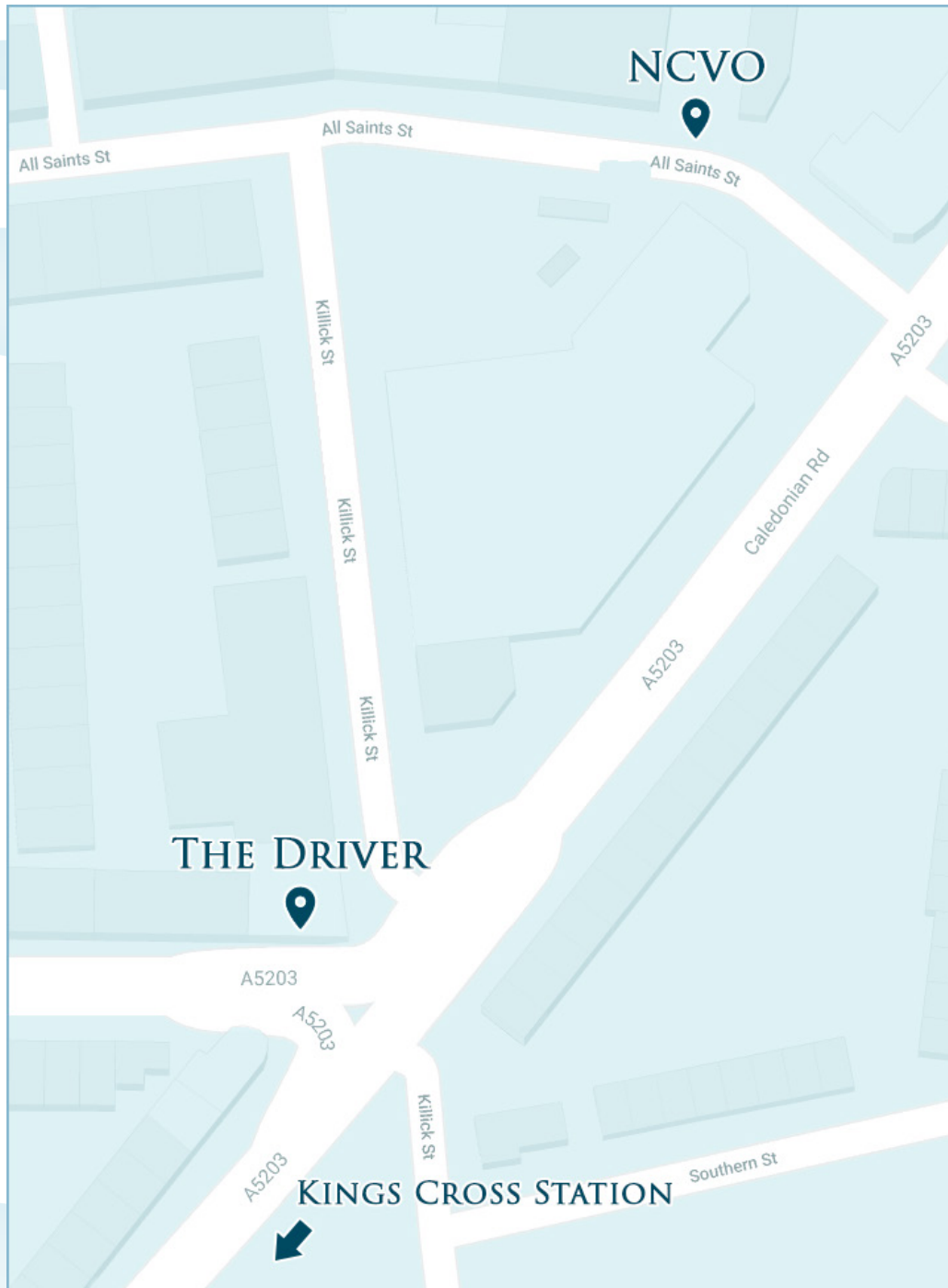
Session summary

Your notes and reflections

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THANK YOU!



Speaker contact details and further information can be found at:
www.psychosynthesiscoaching.co.uk/symposium-2018

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