

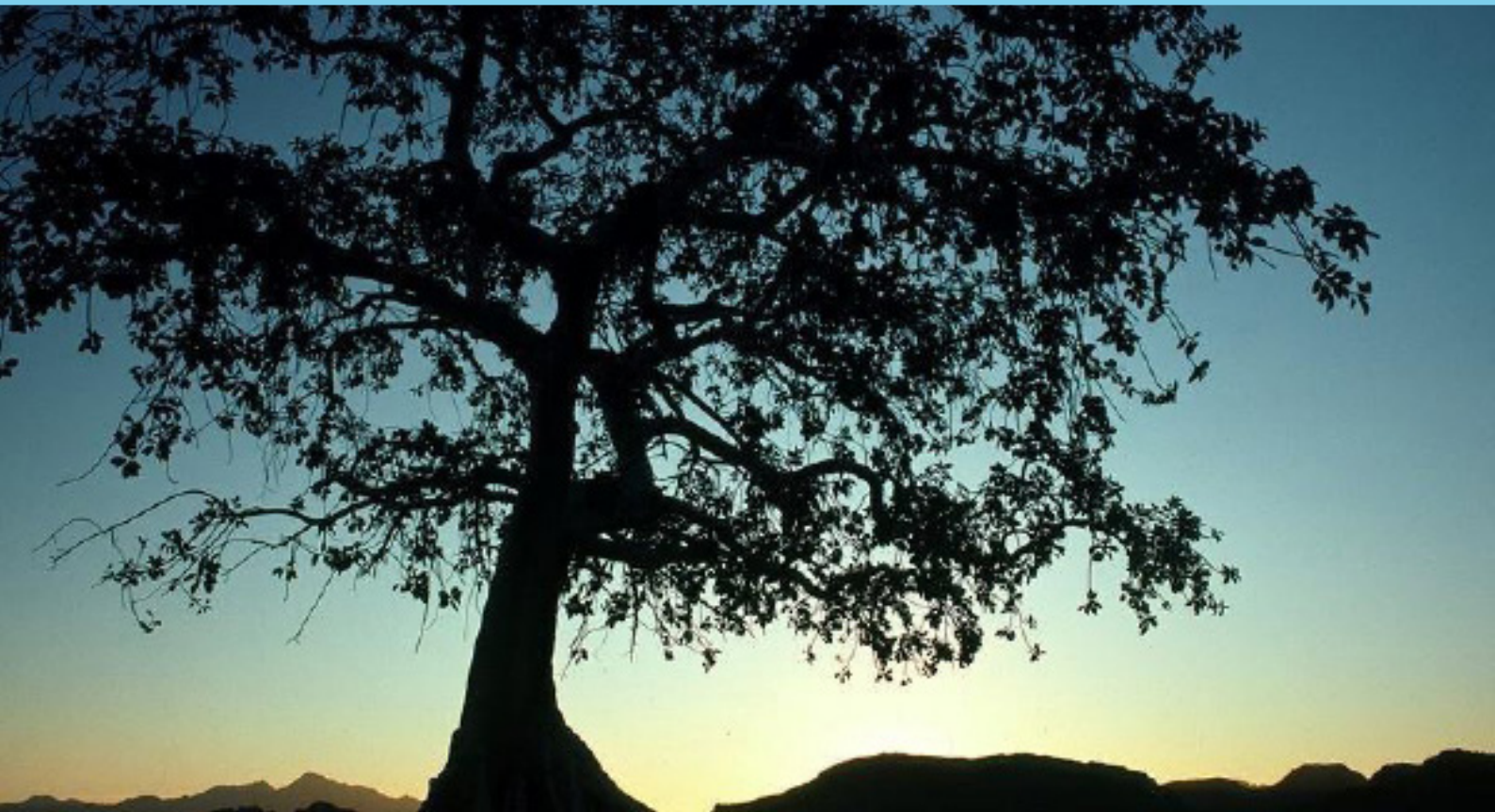


The Third International Psychosynthesis Coaching Symposium III

Thursday 9 and Friday 10 December 2021

NCVO, Society Building, 8 All Saints Street, London, N1 9RL
Ambition Institute, Unit 2 Bridge Wharf, 156 Caledonian Road, London N1 9UU

From 09:30 to 18:15 on Thursday
From 09:00 to 12:45 on Friday



Introduction

Welcome to the Third International Psychosynthesis Coaching Symposium!

This welcome pack and workbook gives you material relating to each session and a place to make notes from the day. The same information can be found on our website at:

<https://www.psychosynthesiscoaching.co.uk/symposium-2021/>

You will see from the agenda that there are three workshop breakout sessions on Thursday and two on Friday, from which you can decide between options each time. Although you may have already indicated a preference, you can still change your mind about which sessions to attend, subject to room capacities.

At the end of the Symposium... Please complete the feedback form, using the paper version in this pack or follow the email link we will send you during the day. We would be grateful if you could complete this within the next 2 days. The feedback from the last Symposium was very helpful to us in shaping this one.

You are welcome to join us afterwards from 18:15 at The Ambition Institute, Unit 2 Bridge Wharf, 156 Caledonian Road, London N1 9UU, 2 minutes' walk away. It doesn't matter whether you have previously indicated you are coming or not.

Context for the Day

An opportunity for psychosynthesis coaches from different training backgrounds to connect with the wider psychosynthesis coaching community

Key themes for the psychosynthesis coaching symposium 2021:

1. New developments and approaches in coaching and psychology – and how these synthesise with psychosynthesis coaching; including such approaches as: systemic coaching and constellations work; somatic working and trauma; creativity and the transpersonal; mindfulness and compassion; developmental and evolutionary; neuroscience and quantum mind
2. Key themes in organisations and society that we engage with as coaches: e.g. polarisation and synthesis; feminine leadership; diversity and inclusion; identity and power; the climate emergency; the crisis facing young people; future leadership; resilience and well-being; the humanisation of work!
3. What next? Where are we going as coaches? Where is the profession going? Where is leadership going? What is the call? How do we respond to the crisis?
4. Connecting and networking – finding support, creating partnerships, engaging in dialogue and connecting internationally.

We very much look forward to sharing the two days with you.



Paul Elliott, Aubyn Howard and the Symposium Team (Peggy Bennett, Stewart Bell, Mark Levermore, Jim Sharman and Jules Bevis)

Agenda Thursday 9 December

09:00	Arrivals & Registration Refreshments available
09:30 - 10:10	WELCOME: Context for the day, overview of sessions and meeting one another. Who is here from where? Who is joining us online? How will the hybrid experience work?
10:10 - 10:30	KEYNOTE PLENARY: Polarisation and synthesis in a time of crisis – Aubyn Howard
10:30 - 10:45	Networking Break
10:45 - 12:15	WORKSHOPS 1 - sessions to choose from: Sue Holland – Somatic Awareness and Depth of Being in the Coaching Relationship. Alexandra Kitashova (virtual) – Where East meets West – coaching across cultures Paul Heardman – Systemic constellations in a psychosynthesis coaching context Rachel Harrison and Paul King – The Ecology of Relational Presence in Leadership and Coaching – through Embodiment Circling practices
12:15 - 13:30	Networking Lunch
13:30 - 15:00	WORKSHOPS 2 - sessions to choose from: Adrian Machon – The transformational journey: using creative imagery and story-telling to deepen empowerment and Inner leadership Heather Mullin – Creativity and Imagination as Tools in Coaching Harriet Brooke (virtual) – Systemic team coaching – the power of systemic coaching for teams and individuals Liz Hall (virtual) – Relational mindfulness – insight and dialogue in the relational space
15:00- 15:15	Networking Break
15:15 - 16:45	WORKSHOPS 3 - sessions to choose from: Anne Welsh – Conscious Relations for Coaches and Leaders – how group dynamics work deepens our capacity to work with leaders Gordon Symons (virtual) – BEYOND Coaching – how psychosynthesis can take coaching to another level Peter Stewart – The creative path and coaching –how creative work connects us with inner purpose and the rest of nature Sarah Howard and Paul Clarke – The Polarity of the Masculine & Feminine in Leadership: An Inward Exploration of Psychosynthesis
16:45 - 17:00	Short Break
17:00 - 17:45	PLENARY: Panel: With an overall theme of staying European with the EPA and the EMCC. Keith Silvester as Chair of EFPP, Karen Rawden introducing the new EPA, John Crossan representing 5DL and a guest speaker from EMCC.
17:45 - 18:15	PLENARY: Synthesis! - Sharing experiences and outputs from the day's sessions, theme by theme. Grand synthesis and completion
18:15	Optional drinks & eats at Ambition Institute, Unit 2 Bridge Wharf,156 Caledonian Road, London N1 9UU

Agenda Friday 10 December

09:00	Arrivals & Registration Refreshments available
09:00-09:45	PLENARY WORKSHOP: Where are we now as coaches? Where to now with coaching? Anne Welsh and Aubyn Howard
10:00 - 11:15	PRACTICUM 1 - sessions to choose from: Aubyn Howard – Polarisation and synthesis – methods for working with leaders Heather Mullin – Creativity and Imagination as Tools in Coaching – practice Paul Clarke – Love and Fear in our dance with Complexity – a guided exploration Paul Elliott – Racial justice and equity in coaching – research, reflection and dialogue
11:15-11:30	Networking Break
11:30- 12:45	PRACTICUM 2 – sessions to choose from: Dr Alice Bell (virtual) – The Future Leaders Forum – activation session Jasenka Gojšić (virtual) – Freeing the Will, creating Joy – an exploration workshop Sarah Howard and Rowan Conway – The feminine-masculine polarity in leadership combining with the new economics in society. Anne Welsh and Sue Holland – Awareness of Self in supervision – attuning to emergence
12:45	Leave for Lunch

Welcome: Setting the scene for the day

09:30 - 10:00

Aubyn Howard and Paul Elliott

- Welcome
- Context for the day
- Overview of sessions
- Setting the objectives
- Meeting one another
- Who is here from where?
- Who is joining us online?
- How will the hybrid experience work?

Your objectives for the day

1

2

3

Your hopes and expectations?

Any concerns or fears?

Keynote Plenary

10:00 - 10:30

Aubyn Howard

Aubyn will approach the topic of polarisation from the wider perspective of what we might mean by psychological health and wellbeing today in a VUCA world. How is individual psychological health influenced by the confluence of individual and collective elements, our own unresolved historical stuff getting caught by collective psychopathologies? How do we start the work of freeing ourselves from strong identifications and creating dialogue between the polarities underlying conflict in the world today? This isn't just about addressing emergent trends in society as leaders and coaches but also about learning the art of transformation, as we reach for new syntheses in all aspects of our lives.



Aubyn Howard is the co-founder (with Paul Elliott) of Psychosynthesis Coaching Limited. Aubyn holds an MA in Psychosynthesis Psychology with the London Institute of Psychosynthesis and an MSc in Change Agent Skills and Strategies with the HPRG at Surrey University. He draws upon more than 30 years' experience as an organisational consultant, facilitator, educator and coach, supporting transformational change and leadership development with leaders of all sizes of organisation, across many different sectors and national cultures. Certified Spiral Dynamics and NLP practitioner, APECS Accredited Executive Coach and a Psychosynthesis Coaching Supervisor. Author of two chapters in: *The Call of Self, Psychosynthesis Life Coaching*, Edited by Didi Firman (2018). Author of *Psychosynthesis Leadership Coaching* (2020).

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

Notes

Workshop 1.1

Somatic Awareness and Depth of Being in the Coaching Relationship

10:45 - 12:15

Sue Holland

In this experiential workshop you will be invited to slow down and listen at depth to information and signals held within our bodies that we may be unaware of, are denying, or avoiding, through mentation and distraction. What happens when we bring our full and gentle attention to 'lived experience' in the here and now and what might this mean for deepening the coaching relationship?



Sue Holland MA is an APECS accredited executive coach and supervisor. She is an international energy management trainer and coach, licenced Somatic Experiencing Practitioner and a UKCP registered psychosynthesis psychotherapist and supervisor. For thirteen years she was senior faculty at the London Institute of Psychosynthesis. She is an experienced group facilitator with a passion for contemplative dialogue and conscious relations. Sue has an active interest in the connection between physiology, psychology, and spirituality. She practises meditation, qigong and she is a triathlete. She is director of On Purpose Consulting Ltd. Sue may be

contacted via her personal website www.sueholland.net ; her company website www.onpurpose.info or LinkedIn www.linkedin.com/in/sue-holland-998653219/

Notes

Workshop 1.2

Where East Meets West Coaching across cultures

10:45 - 12:15

Alexandra Kitashova (virtual)

How can we prepare ourselves as coaches to work internationally across very different cultures? What are the underlying unconscious dynamics we must surface and engage with? Alexandra draws upon her own leadership experience of working with global teams in large organisations and challenges our assumptions and perceptions about how we are both similar and different, and where East meets West.



Alexandra Kitashova leads Regional Regulatory Affairs in GlaxoSmithKline. In her leadership experience, Alexandra has lived in different countries and worked with people of various cultures across the globe. Since 2018 she lives in Singapore and leads teams in Asian countries such as China, Japan, Korea, and others. In the last six years, Alexandra has worked as an internal coach at GlaxoSmithKline. She's APECS Corporate Affiliate Member. Alexandra is a qualified biologist; she holds an MSc degree in Microbiology and Immunology and a PhD degree in Immunology and Allergology. She also has a Professional Certificate in Management from the Open University

(UK). [linkedin.com/in/alexandra-kitashova-8b5b32101/](https://www.linkedin.com/in/alexandra-kitashova-8b5b32101/)

Notes

Workshop 1.3

Systemic constellations in a psychosynthesis coaching context

10:45 - 12:15

Paul Heardman

The constellations approach is increasingly popular as a way of bringing a systemic lens to coaching. It can be a powerful way of revealing hidden dynamics, helping to go beyond the client's initial 'story' to show how personal stuckness can often be signalling that something is calling for attention at other levels, including the transpersonal. It is a holistic and radically inclusive way of working and thus blends well with psychosynthesis. But constellations are about much more than a set of techniques. Ultimately this is about a way of being. Paul's session will explore what the systemic consciousness of constellations might offer the psychosynthesis coach.



Paul Heardman has an MSc in Coaching and Behavioural Change from Henley Business School and is a qualified coaching supervisor. He is an APECS accredited Master Executive Coach. Paul's professional background is in public sector leadership. He has an MBA and a Post Graduate Certificate in Psychosynthesis from the Psychosynthesis Trust. He has trained in systemic constellations and is part of the facilitation team for PCL's Post Graduate Certificate in Psychosynthesis Leadership Coaching. Paul is a regular contributor to Coaching at Work magazine.
www.linkedin.com/in/paul-h-32b57819a/

Notes

Workshop 1.4

The Ecology of Relational Presence in Leadership and Coaching Through Embodiment Circling practices

10:45 - 12:15

Rachel Harrison and Paul King

How we embody our presence influences what is possible within the ecology of our relationships. In this deeply experiential session, we will explore the relational space, navigating both height and depth in the rich landscape of embodied presence. We will navigate the 'I' space and meet the 'other' space in very particular ways as we weave the field of possibilities and co-created reality. Through these experiences we can build our capacity as coaches and leaders to bring more of ourselves into the conversational relationship and equally create the invitation for others to show up more fully themselves. The ground between becomes a fertile multi-dimensional space of inter-steeping and mutual learning.



Rachel Harrison is a partner at BeyondTT Ltd and founder of Learning Frequencies. Rachel was part of the pioneer group on the Psychosynthesis Leadership Coaching programme and holds an MA in Transpersonal Arts and Practice with Chichester University and a Degree in psychology from DeMontfort University. She has over twenty five years' experience in the field of coaching and group facilitation in organisations across a wide variety of sectors. Incorporating Circling has expanded and deepened Rachel's approach in coaching, amplifying and enriching the Psychosynthesis lens. Circling as a practice is the art of paying attention to what arises in oneself as we continue to stay in relationship, deepening our capacity to be with

self and other. She particularly focuses on the conversational relational space through the embodied voice. Rachel draws on vocal and somatic practices from Linklater Voice, Olivier Mythodrama and her work as a yoga teacher. She is also trained as a Warm Data Host in a systems approach with Nora Bateson. www.learningfrequencies.com



Paul King is co-founder of The Beyond Partnership, a leading-edge consulting, coaching, supervision and training company. He has been working in this field for more than 30 years motivated by the call for deep structural and sustainable change connecting the personal with the social and global. He is particularly known for his integral somatic and embodiment work, bringing together Eastern embodied traditions, with Western psychology, neuroscience and systemic work. He initially trained as an Inner Game coach with John Whitmore and is an NLP Master Practitioner and Trainer. Paul was the first person in Europe to be certified in the Leadership/Conscious Embodiment work of Wendy Palmer.

He has trained as a Tai Ji (chi) teacher with Chung Liang (Al) Huang – a well-known master in this field, connecting Tai Ji practice and Taoist wisdom to day to day living and is a Feldenkrais (movement-re-education) practitioner. Paul has also trained extensively in Spiral Dynamics and in a systems approach with Nora Bateson, including as a Warm Data Host.

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

Workshop 1.4

Notes



Workshop 2.1

The transformational journey using creative imagery and storytelling to deepen empowerment and Inner leadership

13:30 - 15:00

Adrian Machon

An opportunity to experience just a glimpse at what is a full body of Work – through one piece. Purpose: to give us the experience of working with evocative word, what it might offer. Written over many years; this deeply served my own development. At the heart of this journey is becoming composer, creator, author of our lives, authenticity, and authority.



Adrian Machon: I have spent the large part of my working life studying and supporting human growth and development, with the last 15 years in facilitating and coaching personal transformation and development within major, global business and other human groups. I have qualified and practised as a (psychosynthesis) psychotherapist, executive coach, and group facilitator. My passion is writing, and working with individuals and groups creatively using evocative word and storytelling to explore human potentiality, powers of healing and authoring our lives.
Intracare Associates adrian@intracaresolutions.com

Notes

13:30 - 15:00

Heather Mullin

Sometimes in coaching we can get bogged down in the world of concrete goals which can limit our capacity for change and connection to purpose. By helping clients find portals to the Abstract Mind the unconscious can be made conscious and our will can be freed, enabling true choice and connection to Self. Be it mask making, storytelling, model work, exploring Disney, Tolkien, Harry Potter or even Mary Poppins the choice is limitless. In this experiential session we will explore ways to bring creativity into the coaching world.



Heather Mullin set up Connect Coaching in 2013 following her retirement from the NHS where she worked both as an occupational therapist and later as a CEO. She attained a post-graduate diploma in Leadership Coaching at the London Institute of Psychosynthesis. She provides organisational development and coaches a number of senior leaders in the NHS, local authority, fire service, charity sector and universities and also sees people who are interested in their own development.
www.connectcoachinguk.com

Notes

Workshop 2.3

Systemic team coaching the power of systemic coaching for teams and individuals

13:30 - 15:00

Harriet Brooke (Virtual)

Future proofing of organisations: how systemic team coaching can support this. In this interactive workshop we will look at:

- what systemic team coaching is and what it is not
- introduction of useful models that support the thinking process
- how the model can support the development of strong collective team leadership as well as individual growth, and how systemic team coaching serves beyond the team you are working with
- why it is so pertinent now with the climate emergency, need for individual and collective resilience,
- the role of coach, and how supervision is key to supporting these complex engagements.



Harriet Brooke is an experienced leadership facilitator, executive coach, systemic team coach, and coach/OD supervisor who loves to work across cultures and with complexity. Her 15 years in leadership facilitation and coaching across Asia Pacific and Europe provide her with insight into 'what makes us different and what makes us the same' and how to embrace it for the greater good. Prior to starting her own business in Hong Kong in 2007 she worked in the financial, the not for profit and educational sectors. Harriet now lives in Copenhagen and works across the board with MNC and SMEs, not for profits and individually, maintaining a focus on how coaching can positively support social and environment global challenges.

She is a certified ICF PCC level coach, accredited Ashridge coach and OD supervisor and accredited systemic team coach from the AoEC.

<http://www.brookesolutions.uk/>

Notes

Workshop 2.4

Relational mindfulness Insight and dialogue in the relational space

13:30 - 15:00

Liz Hall (Virtual)

Many coaches have an established personal mindfulness practice and may sometimes share mindful strategies and practices with their clients where appropriate. This workshop takes mindfulness to a new level: that of relational mindfulness. We'll explore how we can become truly and profoundly present in our coaching relationships, becoming aware of what's emerging and unfolding moment-to-moment, for us, our clients, in the space in between and potentially in the wider system/s. We'll explore deep listening, and how we can become better able to tap into intuition and insights. We'll explore how we can be more resilient in relationship and better able to have courageous conversations, speaking our own truth and supporting our clients to do the same. The highly experiential session will draw on Liz's own practice and the work of Gregory Kramer, and Emma Donaldson Feilder amongst others.



Liz Hall is a leadership coach, editor and co-owner of Coaching at Work, mindfulness teacher and author of books including *Mindful Coaching* (Kogan Page, 2013), author/editor of *Coaching in Times of Crisis and Transformation* (Kogan Page, 2015) and *Coach your Team* (Penguin Business, 2019). She's also contributed numerous book chapters on topics including mindfulness, and co-authored 'Compassion-focused Coaching' (*Handbook of Coaching Psychology*, Routledge, 2019). In 2019, she founded the annual initiative Climate Coaching Action Day through Coaching at Work, which takes place each March. She's a co-founder of pro-bono initiative Coaching through Covid (now Coaching

through Covid and beyond) for NHS and care workers, and a co-founder of the International Summit for Mindfulness & Compassion at Work.

www.lizhallcoaching.com

Notes

Workshop 3.1

Conscious Relations for Coaches and Leaders

How group dynamics work deepens our capacity to work with leaders

15:15 - 16:45

Anne Welsh

This work is first about coming more fully into conscious relationship with ourselves. With an enhanced capacity for conscious relationship there is a greater opportunity to be more fully present and available in the here and now. This couples with an increased level of response-ability in life situations. For participants whose working environments place them in leadership positions in relation to others, as leaders, coaches, therapeutic counsellors or psychotherapists, the possibility is released of a greater degree of inner authority both personally and professionally. Trusting the capacity to hold both individuals and groups from a place of inner connectedness rather than external authority can, in turn, release the capacity for growth and development in both personal and professional environments.



Anne Welsh I have worked in the field of personal and professional development for over 30 years. Initially I trained in psychology and practiced as a psychotherapist. Alongside this practice I was operations director of a psychological training and development institute, training people in coaching, psychotherapy and counselling. In the last 10 years, I have specialised in executive coaching and have worked with clients across the globe. Since 2010 I have been training and supervising employees at GlaxoSmithKline in Job-Plus Coaching.

<http://www.synthesis-in-the-city.com>

Notes

Workshop 3.2

BEYOND Coaching

how psychosynthesis can take coaching to another level

15:15 - 16:45

Gordon Symons (Virtual)

A challenging and interactive session, addressing the following themes:

Structure and Flow: What is the holding structure and what facilitates the flow?

Who's coaching who? Which subpersonalities are in play in your coaching sessions?

Coaching as beautiful work: Where is beauty to be found in coaching?

Beyond doing and transactional relating: The coach's Tri-focal vision

Non-attachment to outcome: does this key element of psychosynthesis therapy have a place in psychosynthesis coaching?



Gordon Symons is an APECS accredited executive coach, a BACP accredited and Psychosynthesis Trust trained therapist, a member of the Editorial Board of the magazine, *Psicosintesi*, a translator into English of hundreds of previously untranslated Assagioli's papers. Gordon is the owner of [Milestonesconsulting.com](https://www.milestonesconsulting.com/), offering personal and professional consulting, coaching, and in-depth workshops for personal and professional development. These include "Who's Coaching Who?", *The Conscious Coach*, and *BEYOND*, a journey from where you are to Who you are. All Gordon's work, both as an executive coach, as a team

coach, as a therapist and as a creator and presenter of workshops involves the facilitation of self-empowerment. "We will find our empowerment in the roots of our deepest identity". I hold the view that our deepest centre of identity, as well as being individual to each person, is also universal and common to all of us. This centre is the source of our highest potential, of who we can be.

<https://www.milestonesconsulting.com/>

Notes

Workshop 3.3 The creative path and coaching

how creative work connects us with inner purpose and the rest of nature

15:15 - 16:45

Peter Stewart

This experiential workshop will focus on Assagioli's writings about creativity including writing, art and music and will explore how these can be used to connect with inner purpose and the outer world of nature.



Peter Stewart trained as a psychosynthesis coach on the PG CPLC program run by Middlesex University and the Institute of Psychosynthesis. He worked for more than 30 years as a journalist, consultant and analyst, mainly in the field of energy, before making the transition to becoming a creativity coach. He runs several websites dedicated to his interests in poetry, pottery, travel, wine and the energy transition. Peter is accredited at foundation level by the European Coaching and Mentoring Council and is a committed European. He was born in Austria, and has worked in Europe, Asia and the Middle East. You can connect with Peter through his

website www.coachcreates.com which has links to his contact details and social media.

Notes

Workshop 3.4

The Polarity of the Masculine & Feminine in Leadership An Inward Exploration of Psychosynthesis

15:15 - 16:45

Sarah Howard and Paul Clarke

In this session Paul Clarke and Sarah Howard will look at how gender blurring and conditioning can limit or even distort the available power and impact of leaders. They will show you how stepping into the body deepens your leadership coaching practice and powerfully unpacks limiting conditioning for both you and your client. Through this we take a step in the direction of our purpose, bringing value and meaning into our lives. We become healthier and more productive. We become more creative and innovative. We have better relationships and are better at co-creating.



Sarah Howard is a Psychosynthesis Leadership Coach with further qualifications in systemic and embodiment disciplines. She specialises in coaching overachievers, over thinkers and recovering perfectionists out of their creative rut into a place where they can get things done and feel good about themselves. Sarah has over 30 years' experience as a Chartered Accountant working to design and implement change up to the value of half a billion pounds in both the public and private sectors. This is invaluable in understanding and relating to the difficulties her leadership clients face implementing sustainable global change. Further qualifications and skills in teaching, mindfulness and yoga make her a

one-woman illustration of human wholeness, with coaching supporting her integration. Sarah takes her clients on a personal journey of empowerment through embodiment. She works from the inside out, and outside in. Her clients develop body awareness and wisdom through sensitivity. They start to understand their limiting patterns which hinder their leadership potential and achievement of goals. Clients quickly step into their authentic power and create new situations where they are healthier and more productive. They find themselves more creative and innovative, within better co-creative relationships. <https://www.linkedin.com/in/synthesissarah/>



Paul Clarke qualified as a Psychosynthesis coach in 2018 and is; practicing as 'Seeding Synthesis Coaching'; providing mentorship as a Diversity Champion for Bristol's award winning "Stepping Up' Project, and hosting the Collective Conversation – a monthly online gathering of psychosynthesis coaches imagining and working toward a better world post COVID. Threading through his career and life is a passion for supporting individuals, communities and organisations to realise their strengths and their potential, and an award winning track record of creating and leading innovative partnerships and collaborations to help this happen. "I believe that integration at the level of self, and systemic transformation go hand in hand, and that both are essential

in seeding the future we want for ourselves and the world".

www.linkedin.com/in/paul-clarke-61299b91/

Plenary 2: Panel

17-00 - 17:45

Keith Silvester

Staying European with the EPA and the EMCC. Keith Silvester as Chair of EFPP, Karen Rawden introducing the new EPA, John Crossan representing 5DL and a guest speaker from EMCC.

Keith Silvester will chair this panel session in which each participant will speak for a few minutes about the organisations they are representing and what they offer, before opening up to questions from the floor. This is an opportunity to explore developments and connections within the wider psychosynthesis community and raise issues of membership, accreditation and regulation across the coaching profession, within a European and even global context.

Notes and reflections

Plenary 3: Synthesis!

17:45 - 18:15

Anne Welsh and Aubyn Howard

WORKSHOP: Where are we now as coaches? Where to now with coaching?

Reflecting upon what we have learned from the first day, we turn the groups' attention to where we are as coaches and where the coaching profession is within the context of a rapidly changing and turbulent world. What can psychosynthesis bring to this? How can psychosynthesis adapt and evolve in response to the emergent crises?

Notes and reflections

Practicum 1.1

Polarisation and synthesis Methods for working with leaders

10:00 - 11:15

Aubyn Howard

In this experimental session Aubyn picks up from where the plenary on the first day leaves off and takes participants through a series of steps with exercises for coaches and leaders working with polarity, polarisation and synthesis at individual, group and collective levels.



Aubyn Howard is the co-founder (with Paul Elliott) of Psychosynthesis Coaching Limited. Aubyn holds an MA in Psychosynthesis Psychology with the London Institute of Psychosynthesis and an MSc in Change Agent Skills and Strategies with the HPRG at Surrey University. He draws upon more than 30 years' experience as an organisational consultant, facilitator, educator and coach, supporting transformational change and leadership development with leaders of all sizes of organisation, across many different sectors and national cultures. Certified Spiral Dynamics and NLP practitioner, APECS Accredited Executive Coach and a Psychosynthesis Coaching Supervisor. Author of two chapters in: *The Call of Self, Psychosynthesis Life Coaching*, Edited by Didi Firman (2018). Author of *Psychosynthesis Leadership Coaching* (2020).

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

Notes

Practicum 1.2

Creativity and Imagination as Tools in Coaching practice session

10:00 - 11:15

Heather Mullin

Sometimes in coaching we can get bogged down in the world of concrete goals which can limit our capacity for change and connection to purpose. By helping clients find portals to the Abstract Mind the unconscious can be made conscious and our will can be freed, enabling true choice and connection to Self. Be it mask making, storytelling, model work, exploring Disney, Tolkien, Harry Potter or even Mary Poppins the choice is limitless. In this experiential session we will explore ways to bring creativity into the coaching world.



Heather Mullin set up Connect Coaching in 2013 following her retirement from the NHS where she worked both as an occupational therapist and later as a CEO. She attained a post-graduate diploma in Leadership Coaching at the London Institute of Psychosynthesis. She provides organisational development and coaches a number of senior leaders in the NHS, local authority, fire service, charity sector and universities and also sees people who are interested in their own development.
www.connectcoachinguk.com

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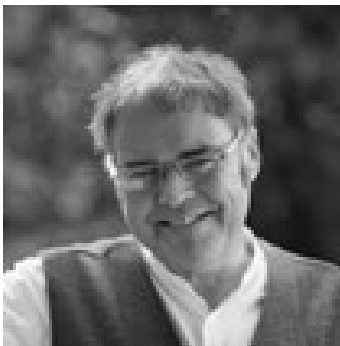
Practicum 1.3

Love and Fear in our dance with Complexity a guided exploration

10:00 - 11:15

Paul Clarke

In this session we will explore our relationship with patterns of complexity within ourselves and in the systems we are part of. We constantly encounter complexity in our lives, whether or not we recognise it as such, in our relationships, in our politics, our finances, our workplaces, our hobbies and passions, our social and wellbeing systems, in our interactions with the natural world including climate change and global pandemic. And, above all, in every moment we encounter the complexity of ourselves.



Paul Clarke qualified as a Psychosynthesis coach in 2018 and is; practicing as 'Seeding Synthesis Coaching'; providing mentorship as a Diversity Champion for Bristol's award winning "Stepping Up' Project, and hosting the Collective Conversation – a monthly online gathering of psychosynthesis coaches imagining and working toward a better world post COVID. Threading through his career and life is a passion for supporting individuals, communities and organisations to realise their strengths and their potential, and an award winning track record of creating and leading innovative partnerships and collaborations to help this happen. "I believe that integration at the level of self, and systemic transformation go hand in hand, and that both are essential in seeding the future we want for ourselves and the world".

www.linkedin.com/in/paul-clarke-61299b91/

Notes

Practicum 1.4

Racial justice and equity in coaching Research, reflection and dialogue

10:00 - 11:15

Paul Elliott

A draft paper is circulating by Charmain Roche and Jonathan Passmore, titled Manifesto for Racial Justice and Equity in Coaching. It includes recent research carried out by the authors as well as some proposed ways forward for our profession. How do we engage with and respond to this call, within the wider context of what is happening in the world today? Paul will lead a session of reflection and dialogue that seeks to include all voices and perspectives within the psychosynthesis context of Unity in Diversity. Paul will send a copy of the draft paper to anyone that is interested in attending the session.



Paul Elliott is the co-founder of Psychosynthesis Coaching Limited. MA in Applied Psychosynthesis. Paul had a successful career in manufacturing before 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 coaching practice working with senior leaders in a variety of organisations including Rolls-Royce plc, Bureau Veritas (Aberdeen), Shelter Scotland, Nacro, Deutsche Bank, Lloyds Banking Group, Fokker Aerostructures (Netherlands), Nacro and Anthony Nolan. He is an APECS Accredited Executive Coach and a Psychosynthesis Coaching Supervisor.

www.psychosynthesiscoaching.co.uk

Notes

Practicum 2.1 The Future Leaders Forum - activation session

11:30 - 12:45

Dr Alice Bell

'How can psychosynthesis be brought more into the world in support of developing young people and emergent leaders?'. In February this year we held a progressive online forum that started to explore this question and we were heartened by your support. This follow-on session is designed to develop our discussions on subjects such as, 'training young people to coach each other' and 'mentoring future leader development'. As we re-engage with such themes we would like to activate some specific projects and decide on the next actions for these. Newcomers are welcome. Alice will facilitate the session making sure we connect into the spirit of youth and are committed to involving young people fully as we take the projects forward.



Dr Alice Bell Ph.D. is a EMCC Registered Senior Psychosynthesis Leadership Coach. She has worked extensively in the education, health, media and broadcast industries. She is also a Senior Lecturer in Fine Art: an interdisciplinary artist, researcher and scholar. Through her creative coaching approaches www.creativecoaching.life she is interested in generating new forms relational encounter through participatory, multimodal, and immersive practices. Her empathetic, creative and affective methods empower strong connection within Self and Other. This results in a more fulfilling integration of a clients whole being, activated within real world situations. Alice's educational expertise is drawn from academic roles at Lincoln, De Montfort (DMU), Warwick, Leicester, UEA and St Mary's Universities. Educated at Goldsmiths College, The Slade School of Fine Art UCL, (BA Hons, First Class), DMU (MA Creative Technologies, Distinction) and with Post-Graduate Certificates in Integrative Arts Psychotherapy, Drama, Education and Psychosynthesis Coaching. Alice passed her doctorate in 'Enabling Deep Relational Encounter through Participatory Practice-based Research' in 2021, and has presented, exhibited and published internationally.

www.creativecoaching.life

Notes

Practicum 2.2

Freeing the Will, creating Joy an exploration workshop

11:30 - 12:45

Jasenka Gojšić (virtual)

“Since the outcome of successful willing is the satisfaction of one’s needs, we can see that the act of will is essentially joyous. And the realization of the self, or more exactly of being a self (whose most intrinsic function, as we have seen, is that of willing), gives a sense of freedom, of power, of mastery which is profoundly joyous.” Roberto Assagioli: Act of Will

To learn how to help others to enjoy life more fully is the main reason I am studying psychosynthesis. The free Will is the topic of my Master thesis. I measure the quality of my life with a presence of joy, and in my case it has always been connected with me being authentic and free-willed. Therefore, I decided to explore the practice of coaching and to invite you to a conversation with colleagues about freeing the Will as the essence of psychosynthesis coaching. Sharing examples of our successes of freeing the Will through small steps towards authenticity – what do we know about it, what can we share as good practice? How to recognise where the Will is stuck in a client’s life? How do our authenticity and free Will influence the coaching process? Could you, please, ponder these questions and bring your answers to the session?



Jasenka Gojšić is a student of MA in Psychosynthesis Leadership and Organisational Coaching with the London Institute of Psychosynthesis. She holds MSc in management from Bled School of Management, Slovenia and Master in telecommunication from University of Zagreb, Croatia, and has 30 years of working experience. She started as a system engineer, built Internet in Croatia during '90s and early 2000 as a project manager and CEO of a government agency. In 2007 she founded her company Isoropia and since then has maintained a balanced career. Jasenka acts as consultant, teacher, mentor, but basically as a facilitator of transformational learning.

She is a co-author of the book *Transformative Edge* (2020), an active member of Legacy 17 organisation, and International partnership for transformative leaning. Jasenka is a proponent of the Art of Hosting, and Solution focused cultures. She is a student member of the Association for the Advancement of Psychosynthesis, and a member of the newly formed European Psychosynthesis Association. Jasenka is the mother of three grown up children, happily married for 30 years. She has decisively lived all her life in Zagreb, Croatia. Jasenka measures success by the level of joy. Bliss is always welcome.

www.isoropia.hr

Practicum 2.3

“The Polarity of the Masculine & Feminine in Leadership:
Practically Applying Psychosynthesis to Create Sustainable
Change in the World

11:30 - 12:45

Sarah Howard and Rowan Conway

Sarah Howard, is joined by guest speaker Rowan Conway, Policy Fellow and Head of IIPP's Mission Oriented Innovation Network and Faculty lead on Transformation By Design at UCL. Rowan brings a wealth of experience working with global policy-making institutions in co-creating, defining and testing new ideas about economics and the broader political economy. In this session Sarah and Rowan practically explore the difficulties of creating a sustainable global future and how psychosynthesis coaching can support the integration of polarised viewpoints to co-create sustainable step change in the world.



Sarah Howard is a Psychosynthesis Leadership Coach with further qualifications in systemic and embodiment disciplines. She specialises in coaching overachievers, over thinkers and recovering perfectionists out of their creative rut into a place where they can get things done and feel good about themselves. Sarah has over 30 years' experience as a Chartered Accountant working to design and implement change up to the value of half a billion pounds in both the public and private sectors. This is invaluable in understanding and relating to the difficulties her leadership clients face implementing sustainable global change. Further qualifications and skills in teaching, mindfulness and yoga make her a one-woman illustration of

human wholeness, with coaching supporting her integration. Sarah takes her clients on a personal journey of empowerment through embodiment. She works from the inside out, and outside in. Her clients develop body awareness and wisdom through sensitivity. They start to understand their limiting patterns which hinder their leadership potential and achievement of goals. Clients quickly step into their authentic power and create new situations where they are healthier and more productive. They find themselves more creative and innovative, within better co-creative relationships.

<https://www.linkedin.com/in/synthesissarah/>

Notes

Practicum 2.4

Awareness of Self in supervision Attuning to emergence

11:30 - 12:45

Anne Welsh and Sue Holland

Awareness of Self in supervision emerges through creative enquiry into the not yet known. How do we consider the parts within the whole? As we relax our mindsets of what we think we know or should know deeper perspective is revealed.

We will use some simple tools to relax our rational minds and be receptive to the emerging field, leading to a deeper sense of Self and wholeness.



Anne Welsh: I have worked in the field of personal and professional development for over 30 years. Initially I trained in psychology and practiced as a psychotherapist. Alongside this practice I was operations director of a psychological training and development institute, training people in coaching, psychotherapy and counselling. In the last 10 years, I have specialised in executive coaching and have worked with clients across the globe. Since 2010 I have been training and supervising employees at GlaxoSmithKline in Job-Plus Coaching.

<http://www.synthesis-in-the-city.com>

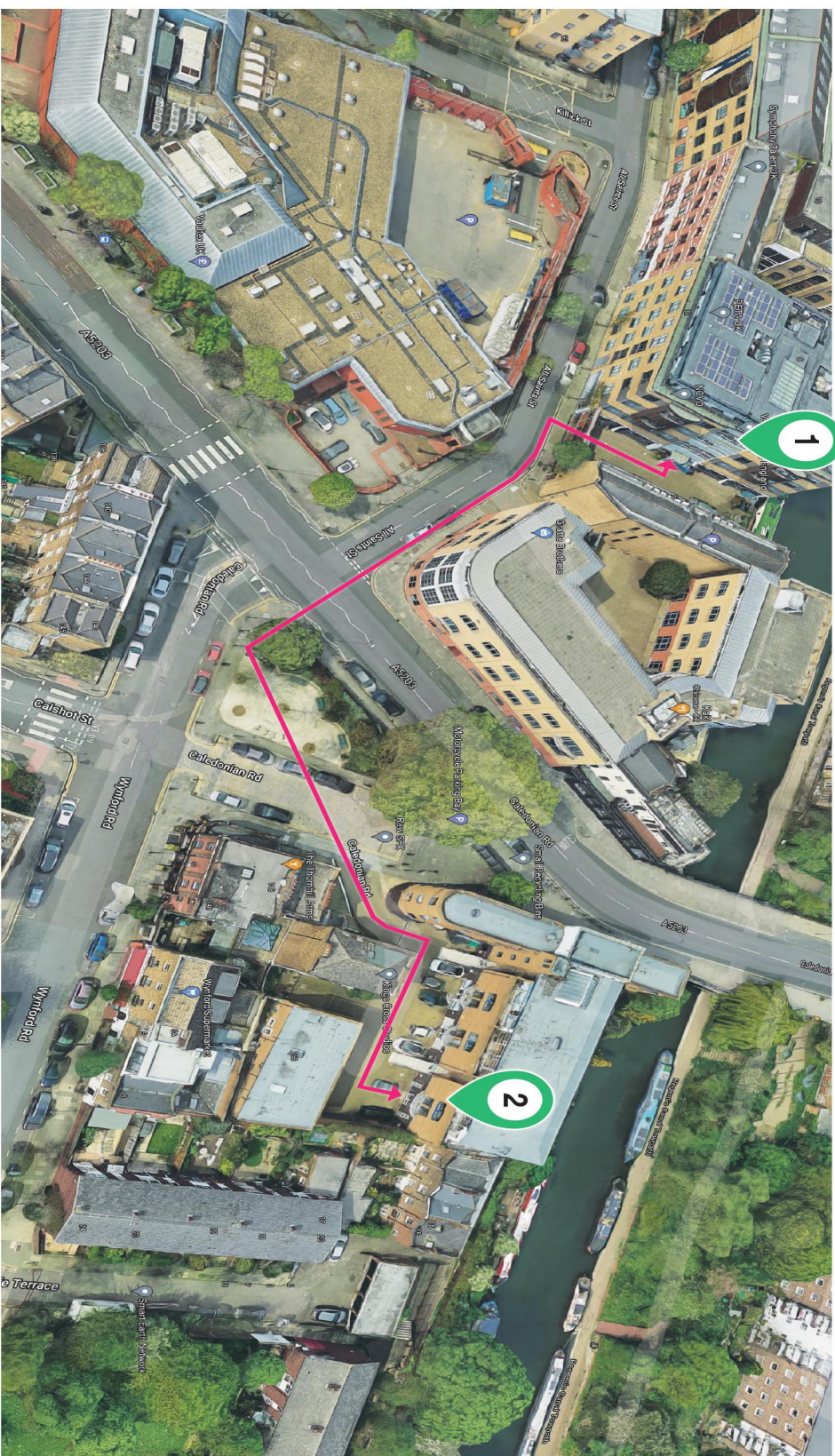


Sue Holland MA is an APECS accredited executive coach and supervisor. She is an international energy management trainer and coach, licenced Somatic Experiencing Practitioner and a UKCP registered psychosynthesis psychotherapist and supervisor. For thirteen years she was senior faculty at the London Institute of Psychosynthesis. She is an experienced group facilitator with a passion for contemplative dialogue and conscious relations. Sue has an active interest in the connection between physiology, psychology, and spirituality. She practises meditation, qigong and she is a triathlete.

She is director of On Purpose Consulting Ltd. Sue may be contacted via her personal website www.sueholland.net ; her company website www.onpurpose.info or on LinkedIn www.linkedin.com/in/sue-holland-998653219/

Thank you!

The Third International Psychosynthesis Coaching Symposium
Thursday 09 – Friday 10 December 2021 – Kings Cross, London



1

NCVO

Society Building
8 All Saints Street
London
N1 9RL

2

Ambition Institute (AI)

Unit 2 Bridge Wharf
156 Caledonian Road
London
N1 9UU

Speaker contact details and further information can be found at:
www.psychosynthesiscoaching.co.uk/symposium-2021

Symposium organised by: www.psychosynthesiscoaching.co.uk
Workbook design: Elliot Friedman
Front page tree graphic: www.gigbinder.com

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Symposium: Feedback

Symposium III: Thursday 9 and Friday 10 December 2021

Please give us your feedback on the Symposium. You can do this by completing this paper form and returning it before you leave, or online using this link:

<https://www.surveymonkey.com/r/Symposium2021feedback>

Your name: _____

Email: _____

1. My personal objectives and expectations for the day were met

Strongly agree / Agree / Neither agree nor disagree / Disagree / Strongly disagree

To what extent do you agree or disagree with this statement? Please circle your answer.

2. The Symposium has been a valuable personal and professional development experience

Strongly agree / Agree / Neither agree nor disagree / Disagree / Strongly disagree

To what extent do you agree or disagree with this statement? Please circle your answer.

3. My attendance today will be valuable to me in my role as a coach

Strongly agree / Agree / Neither agree nor disagree / Disagree / Strongly disagree

To what extent do you agree or disagree with this statement? Please circle your answer.

4. How likely are you to recommend future Symposiums to a friend or colleague?

10 / 9 / 8 / 7 / 6 / 5 / 4 / 3 / 2 / 1

Where 10 is very likely, and 1 is not likely at all. Please circle your answer.

Symposium: Feedback

5. Which session(s) were of most value to you?

6. What overall was of most value about the Symposium?

7. What could be improved about the Symposium?

8. Any other feedback, comments or suggestions. We welcome a comment or quote that you would be happy for us to share in our promotional material

Afters

Are you happy for us to use your comments for promotional purposes?

Yes / No Please circle your answer.

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Do you want to be contacted or want more information about these courses?

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