

Short Course in Psychosynthesis Coaching – Dublin 29-30 October 2022

This course offers a practical and experiential introduction to psychosynthesis coaching, drawing upon **Aubyn Howard's** book, *Psychosynthesis Leadership Coaching: A Psychology of Being for a Time of Crisis* (2020). It builds upon whatever previous experience you bring shows you how psychosynthesis can inform the coaching context, relationship, process and skills.

The course was co-created by Aubyn Howard and **Anne Welsh**, who brings a lifetime of wisdom as a psychosynthesis practitioner as well as eight years' experience working globally with GSK to train, develop and support a network of thousands of internal coaches.

- Are you a practising coach seeking to work at greater depth with your clients?
- or a new coach starting out on your professional development and EMCC accreditation journey?
- or a psychosynthesis counsellor making the transition to coaching?
- or a leader looking to evolve a more authentic and relational way of leading?

...then this short course could be for you.

Psychosynthesis coaching is about recognising the *being*, working with the *whole person*, enabling the coachee to connect with *purpose* and activate their *Will*.

Book your place here: <https://www.psychosynthesiscoaching.co.uk/dublin-oct-2022-short-course/>

Introduction to Psychosynthesis Coaching (SC2) – 2 days in-person workshop.

Dates: Saturday 29 June and Sunday 30 October 2022

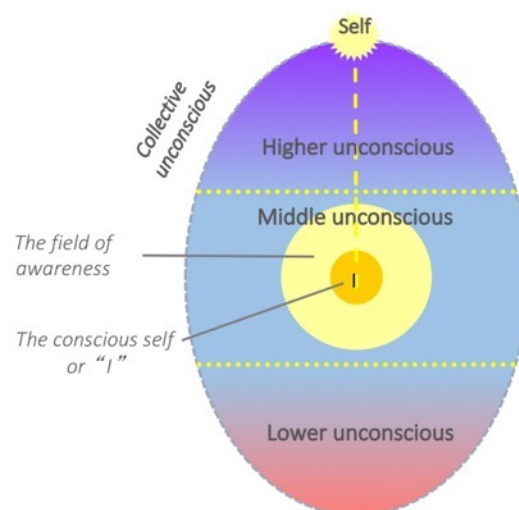
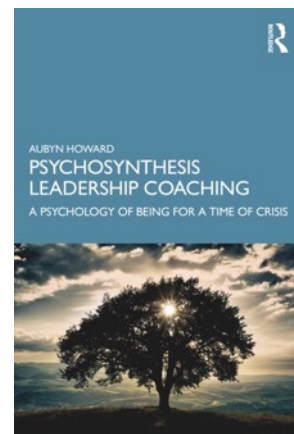
Venue: DCU All Hallows Campus, Purcell House, Dublin.

Times: 09:00-17:00 each day, lunch provided

Fee: €354 (accommodation is an optional extra).

Topics

- ❖ **Foundations** of psychosynthesis - The Egg (see right), the Star, and the Spiral
- ❖ **Conscious relationships** with self, other and the wider system
- ❖ **Listening** at a deeper level
- ❖ The holistic **GROW** process model
- ❖ Stages of the coaching **process** and ways of **being** – attitudes, awareness and energy
- ❖ The **4C's** of coaching: Context, Contract, Coachee, Coach
- ❖ **Coachee** assessment using **5DL**
- ❖ The **coach** you are **becoming**
- ❖ **Pathways** to coach development and EMCC Coach Accreditation





"Certainly to be most effective coaches do need to go beyond the basic skill level of asking questions to raise awareness and responsibility, listening well, running the coachee's agenda and following the GROW sequence. There is much more to coaching than that and this takes us into the next evolution of psychology... Psychosynthesis offers a number of maps and models, the strands of which weave a very useful cradle for in-depth coaching." **Sir John Whitmore (from Coaching for Performance, 4th Edition, 2009)**



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 across many different sectors and national cultures. APECS Accredited Master Coach and a Psychosynthesis Coaching Supervisor. Author of Psychosynthesis Leadership Coaching: a Psychology of Being for a Time of Crisis (2020) and two chapters in: The Call of Self, Psychosynthesis Life Coaching, Ed. Dorothy Firman (2018).



Anne Welsh has worked in the field of personal and professional development for over 30 years. Initially she trained in psychology and practiced as a psychotherapist. Alongside this practice she was operations director of a psychological training and development institute, training people in coaching, psychotherapy and counselling. In the last 10 years, she has specialised in executive coaching and worked with clients across the globe. Since 2010 Anne has been training and supervising employees at GlaxoSmithKline in Job-Plus Coaching. She is also currently training in-house coaches for the House of Commons in the UK. Anne is an APECS Accredited Executive Master Coach and a coach supervisor.

Contact us at: <https://www.psychosynthesiscoaching.co.uk/contact/>

Book a place on the course here: <https://www.psychosynthesiscoaching.co.uk/short-courses/>

The venue: DCU All Hallows, Dublin, Ireland



PCL is an accredited organisation with EMCC with the EQA for the PGCPLC. The Holistic Coaching Practitioner is in the accreditation process.

