



## Post-Graduate Certificate in Psychosynthesis Leadership Coaching (PGCPLC and CPLC)

### The Foundations of Psychosynthesis Coaching

### Holistic Coaching Practitioner

### *Programme details for 2023-24*

*Taking your coaching practice to the next level...*

**Psychosynthesis Coaching Limited**

**Programme details, 3-1, updated 6 June 2023**



*Pictures by Elliot Friedman from Annual Psychosynthesis Coaching Symposium in November 2018*

**In partnership with:**



**Accreditation with:**



**Qualification with:**



# PGC PLC Programme for 2023 and 2024

## Core learning elements – the six units

**1: Foundations of psychosynthesis coaching** – the foundations of psychosynthesis coaching: principles and context, approach and method, models and skills

**2: Coaching psychology** – the evolution of psychology within coaching; the model of psychospiritual development; working at three psychological levels: prepersonal, personal and transpersonal; in three psychological spaces: coach, client and coaching spaces

**3: Coaching interventions** – intervention theory and Heron's six-category intervention analysis; somatic experience in coaching; working with mindsets and subpersonalities as psychosynthesis coaches

**4: Leadership and organisational systems** – the leadership context; working with inner and outer agendas, including purpose and meaning, crisis and change; introduction to organisational systems, systemic coaching and constellations

**5: Leadership development** – introduction to leadership development; horizontal, vertical and inner development; 5DL – Five Dimensions of Leadership, our model of inner leader development; interventions, tools and resources to support leader development

**6: Professional practice** – practical, personal and professional challenges of coaching; finding your professional identity and building your practice.



## Scheduled PGCPLC Programmes

*Advanced Professional Development Programmes for coaches and leaders. Each programme covers the six units and offers the same pathway to certification and EMCC accreditation, with the option to continue with the PGC and Masters in Psychosynthesis Leadership Coaching. Prior attendance of the Fundamentals of Psychosynthesis (or an equivalent) required. Please download the Prospectus or get in touch to arrange a Zoom meeting if you are interested.*

### The London Programme (in-person) – September 2023

**Certificate Programme 2 – 16 days of F2F workshops over 6 weekends + other online sessions**

F2F workshops (Bloomsbury): 15-17 Sept 2023, 13-15 Oct, 10-12 Nov, 08-10 Dec, 13-14 Jan 2024, 10-11 Feb. Times: 09:00-17:00 UK, except Friday's start at 10:00, Sundays end at 16:00.

*Supervised practice period to EMCC Accreditation 9 months minimum, study period to PGC graduation 10 months.*

### The International Programme (online) – January 2024

**Certificate Programme 3 – 16 days of online workshops over 6 weekends + other online sessions**

Online workshops: 26-28 January 2024, 23-25 February, 22-24 March, 19-21 April, 18-19 May, 1-2 June 2024. Times: 09:00-17:00 UK. Sundays end at 16:00.

*Supervised practice period to EMCC Accreditation 9 months minimum, study period to PGC graduation 17 months; (Middlesex University validation of this online version of the programme is in-process.)*

Course Fees	Additional fees for continuing with the PGC
London programme: £4500 + VAT	+ Institute of Psychosynthesis and University of Middlesex Registration: £1500 + VAT
International programme: £4500 + VAT or €5200 (if attending from outside the UK)	+ Fundamentals of Psychosynthesis (if applicable): £350 payable to the Institute of Psychosynthesis.
<i>Fees includes coach accreditation with EMCC.</i>	

To apply for a place on the CPLC, please complete our on-line application form at:

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

## Short Courses and HCP Programmes for 2023 and 2024

*Foundational Professional Development Programmes for coaches, leading to certification and EMCC accreditation.*

**The Fundamentals of Psychosynthesis** (within a coaching and leadership context) – 3-day online workshop. Online dates: 21-23 September 2023, 18-20 January 2024. Times: 09:00-17:00 UK each day.

Fee: £350 payable to *The Institute of Psychosynthesis*.

**Introduction to Psychosynthesis as a Coaching Psychology** (was Short Course 1) – 2-day online workshop.

Online dates: 9-10 May 2024. Times: 09:00-17:00 UK each day.

Fee: €400 (or £350 + VAT in the UK only).

**Foundations of Psychosynthesis Coaching I** (was Short Course 2) – 2-day online workshop.

*Pre-requisites: to have attended either the **Introduction to Psychosynthesis** or the **Fundamentals of Psychosynthesis** (or equivalent) or an extended training in psychosynthesis.*

Online dates: 19-20 October 2023, 15-16 February 2024, 6-7 June, 17-18 October. Times: 09:00-17:00 UK each day.

Fee: €400 (or £350 + VAT in the UK only).

**Foundations of Psychosynthesis Coaching II** (was Short Course 3) – 2-day online workshop.

*Pre-requisites: Short Course 2. Introduction to Psychosynthesis Coaching.*

Online dates: 16-17 November 2023, 14-15 March 2024, 4-5 July, 21-22 November. Times: 09:00-17:00 UK each day.

Fee: €400 (or £350 + VAT in the UK only).

**For more information or to book a place on one of our short courses go to:**

<https://www.psychosynthesiscoaching.co.uk/short-courses/>

### The Holistic Coaching Practitioner Programme

150 Hour Practitioner Accreditation Programme over 7 months (or longer to suit your pace and availability). Prior attendance of the *Foundations of Leadership Coaching I & II* required. An initial group orientation is followed by half day practice workshops, your own coaching practice, group supervision and tutor coaching support leading to EMCC Coach accreditation.

New programmes starting October 2023 and March 2024 (dates of orientation and practice workshops on request).

Fee: €2100 (£1800 + VAT in the UK only). The programme includes the following seven elements:

- (i) **Programme orientation and preparation** – Half-day online group meeting. Context setting, organising supervision groups and peer coaching. Q&A about pro-bono practice, the EMCC accreditation process and any other topics.
- (ii) **Workshop coaching practice**, in triads and fishbowls: 4 x 4 hour sessions. Each half-day practice session will include a teaching topic, coaching demonstration, fishbowl coaching and coaching practice in triads.
- (iii) **Peer coaching practice**, 6 one-hour each way monthly sessions with a colleague in the group.
- (iv) **Pro-bono** (or paid client or internal client) **coaching practice**, 24 hours of sessions, over six months or longer if needed (self-organised or through one of our pro-bono projects).
- (v) **Group supervision**, 6 x 2 hour sessions (groups of 2-3) for your pro-bono or other coaching supervision.
- (vi) **1-to-1 Tutor Coach sessions x 5** – support for your personal and professional development, leading to assessment and EMCC Accreditation.
- (vii) **Progress Reviews** – these take place with your Tutor Coach as part of the above
- (viii) **Learning Reflection Paper** – 2,500 Words, written near the end of the programme
- (ix) **EMCC EIA Application Form** – This includes a 300-word personal statement which is part of the above.

## The PCL Faculty – leading the PGCPLC, Short Courses and HCP programmes



**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. APECS Accredited Master Executive Coach, EMCC Senior Practitioner and EMCC EISA 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*, Edited by Didi Firman (2018).



**Paul Elliott** is the co-founder (with Aubyn Howard) of Psychosynthesis Coaching Limited. 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 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.



**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 Master Executive Coach, EMCC Senior Practitioner and a EMCC EISA coach supervisor.



**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. She 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 both a coach and a 5DL Psychosynthesis Coaching Supervisor. She is an experienced horsewoman and has a herd of four horses who join her in working with clients.



**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.

To book a place on a free taster open event: <https://www.psychosynthesiscoaching.co.uk/saturday-open-events-2022-a-taste-of-psychosynthesis-leadership-coaching/>

To download more information or set up a call with one of us to find out more about our courses and EMCC accreditation pathways, go to: <https://www.psychosynthesiscoaching.co.uk/contact/>