



# Short Courses and the Holistic Coaching Practitioner Programme

*Starting out on your coaching journey and gaining accreditation*

**Scheduled Courses in 2024**

**Psychosynthesis Coaching Limited, v8-4, October 2023**



*Pictures by Elliot Friedman from Annual Psychosynthesis Coaching Symposium in February 2020*

*"Challenging and hugely satisfying"*

*"Thoroughly enjoyable and worthwhile"*

*"I wanted a model that would align with my values, and I found this in psychosynthesis... with tutors who are seasoned practitioners and diverse in their expertise and depth of knowledge, making it accessible and also wide encompassing."*

*"I wasn't expecting the personal development side of things for me to be so transformative - so I have grown personally as well as developed professionally."*



## Introduction to our short courses and accreditation programme

This brochure describes PCL's **Short Courses** and the **Holistic Coaching Practitioner** programme that lead to coach **accreditation with the EMCC** and provides details of the courses scheduled for 2023 and 2024.

Empowered by our experience of running courses online using Zoom during the pandemic, these courses and programmes can all be attended online involving training workshops, group coaching practice, supervision sessions and one-to-one tutorials. From our strong foundations in Europe, we also now serve a global audience of coaches.

The short courses can be taken as **individual steps** of coach training and development, or they can be followed by the HCP programme that leads to EMCC Coach Accreditation.

They can serve as a training in the holistic psychological approach of **psychosynthesis** for experienced coaches looking coach at greater depth. You may also want to take one of our short courses before attending the longer CPLC programme (for more information, see our website: <https://www.psychosynthesiscoaching.co.uk/pg-certificate-psychosynthesis-leadership-coaching/>).

By choosing any of our coach development pathways you are affirming **two significant choices**:

The first is to recognise that meaningful professional coaching needs to be underpinned by a **holistic psychology** that engages your personal as well as professional development as a coach and involves working with the whole person, i.e. the coachees inner as well as outer life, their personal growth as well as outer goals and performance.

The second is to align with our **global accreditation partner**, the **EMCC**, whose holistic approach to accreditation places greater emphasis on quality training and development and less on the number of coaching hours. The EMCC are the leading coaching professional body in Europe and have led the establishment of the Professional Charter (established under EU law) as the foundation for self-regulation of the profession.

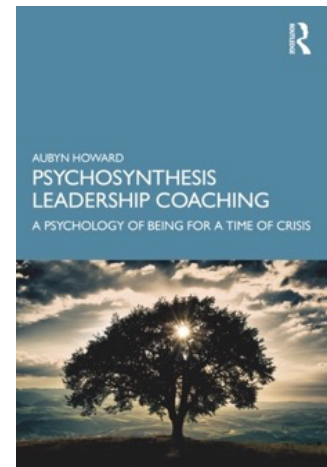
These courses bring to life in practical ways the approach described by **Aubyn Howard** in **Psychosynthesis Leadership Coaching: A Psychology of Being for a Time of Crisis (2020)**. They are co-created through Aubyn's partnership with **Anne Welsh**, who brings a lifetime of wisdom as a psychosynthesis practitioner as well as eight years' experience working globally with GSK to establish, develop and support a network of thousands of internal coaches.

Aubyn and Anne lead the delivery of the short courses, Heather Mullin leads the HCP team of experienced psychosynthesis coaches, tutors and supervisors. You can sign up for both the short courses and the *Holistic Coaching Practitioner* programme here: <https://www.psychosynthesiscoaching.co.uk/short-courses/>

If you want a one-to-one Zoom session before deciding to sign up for a course, where we can get to know each other and discuss your needs and objectives, please go here: <https://www.psychosynthesiscoaching.co.uk/contact/>

We look forward to working with you on this exciting journey of coach learning and development.

*Aubyn, Anne and Heather*



### What graduates say about our HCP programme...

*A deep sense of connection, kindness, gentle guidance, profound insight. Friendship, community and a sense of being where I feel I belong.*

*I am so glad I chose to do this programme. (It) was well structured and designed with lots of opportunities to practice and integrate  
Excellent management of group dynamics creating deep soul connections from early on*

*A great programme with different styles of experienced supervisors and mentors.*

*Being part of a diverse cohort of peers with an opportunity to practice and reflect...*

## Short Courses

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

Online dates: 18-19 January 2024, 19-20 September 2024. Times: 09:00-17:00 UK each day.

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

### Topics

- ❖ **Context:** why a psychology of being for a time of crisis?
- ❖ Holistic model of the **psyche** (the *Egg* diagram)
- ❖ Discovering **subpersonalities**
- ❖ Identity and the practice of **disidentification**
- ❖ **Will** and the psychological functions (the *Star*)
- ❖ The **personal** and **transpersonal** journeys of development (the *Path*)
- ❖ **Synthesis** and evolution (the *Spiral*)
- ❖ Working with the **whole** and the **parts** towards synthesis
- ❖ **Creativity** and engaging our will in the world...

### Ways of working

**Symbolic – transpersonal**  
– visualisation, imagery, art, poetry

**Cognitive – mind**  
– seminars and discussions

**Affective – feeling**  
– exercises and experiences

**Somatic – body**  
– reflection and awareness



This course introduces the key principles, models, practices and processes of psychosynthesis as a coaching psychology. The online two-day workshop combines seminars, exercises, discussions and personal reflection to give you an understanding and experience of this holistic and integrative psychology, from the perspective of both holistic coaching and leadership coaching in organisations.

### More take-aways from the short courses and HCP programme...

*I take away increased confidence and deep knowing of how powerful coaching is when we help individuals to dis-identify from their limiting beliefs and stories about themselves, others and the world.*

*Exciting sense of being initiated into a new stage in my professional journey... Recognising, valuing and giving a fresh narrative to the skills and experience that I have gathered over the years and seeing how they can be integrated in a coaching role.*

*Amazingly (but on reflection it does make sense), the cross-fertilisation between the therapy way and the coaching way - working in both directions.*

*A wealth of understanding and experience around coaching individuals, as well as awakening how I may bring my own specialisations to the coaching space.*

*Enhanced self-awareness; a foundation of understanding about the psychosynthesis approach; a confidence in coaching and a desire to continue the journey!*

*I have found new depths in my coaching style.*

*More than I can express on a personal level as well as a professional level*

*A solid education in the foundations of coaching*

*A solid framework to be able to support people to grow psycho-spiritually that also helps me to feel more confident in my own journey evolving. A path of beginning to feel like my process is also my service. That's a gift.*

## Foundations of Psychosynthesis Coaching, Part I (Short Course 2) – 2-day online workshop.

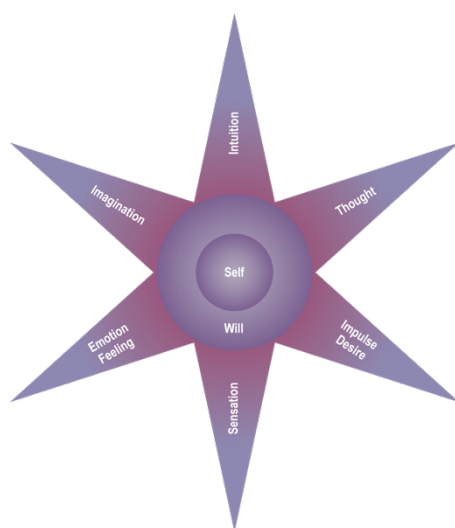
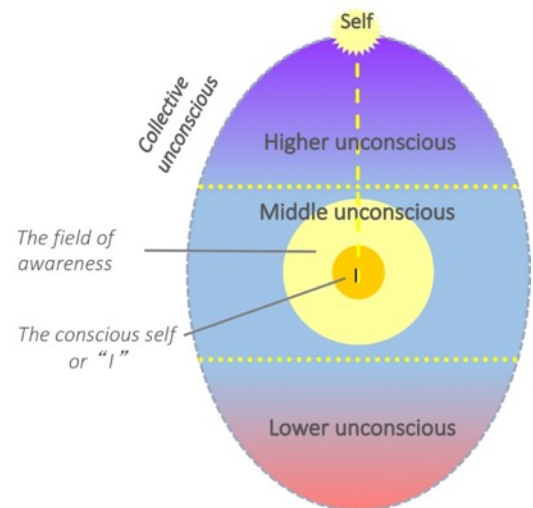
*Pre-requisites: to have attended either the **Introduction to Psychosynthesis** or the **Fundamentals of Psychosynthesis** (or an equivalent) or any extended training in psychosynthesis.*

Online dates: 15-16 February 2024, 17-18 October. Times: 09:00-17:00 UK each day.

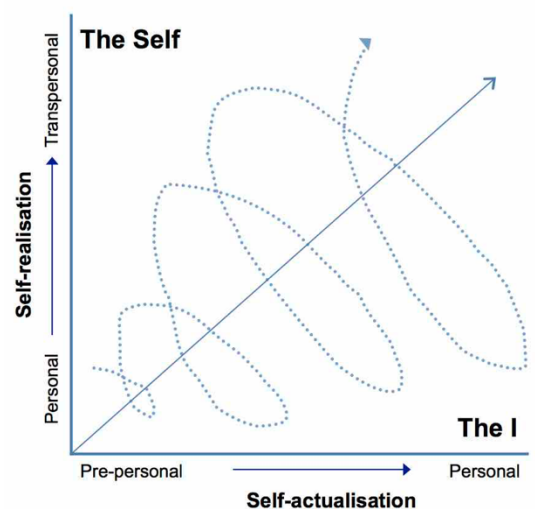
Fee: €400 (or £350 + VAT in the UK only).

### Topics

- ❖ **Foundations** of psychosynthesis - The Egg, the Star, the Path 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**
- ❖ The **4C's** of coaching: Context, Contract, Coachee, Coach
- ❖ Coachee assessment using **5DL**
- ❖ **Pathways** to development.



*"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 (Coaching for Performance, 4<sup>th</sup> Edition, 2009)**





## Foundations of Psychosynthesis Coaching, Part II (Short Course 3) – 2-day online workshop.

*Pre-requisites: Foundations of Psychosynthesis Coaching, Part I.*

Online dates: 14-15 March 2024, 14-15 November. Times: 09:00-17:00 UK each day.

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

### Topics

- 🕒 Core coaching **process skills** – contracting, managing the process and reviewing progress
- 🕒 The **psychological space** of coaching – including projection and introjection, transference and countertransference
- 🕒 Coaching in a **VUCA** world – the psychological needs created by VUCA
- 🕒 Future **leadership** – crisis and calling, adaptive and authentic leadership
- 🕒 5DL – the **inner development** of leaders
- 🕒 Working with **mindsets** and with **subpersonalities**
- 🕒 Turning outwards – **who am I becoming as a coach?**



*“By this term (of crisis), I mean a moment when an individual or group questions the very foundations of their lives: whether what they are doing or trying to do or accomplish has any meaning, purpose or value. These moments (crises) often represent critical turning points in our lives, in adolescence, in mid-life when we ask deeply is there another level of meaning or purpose trying to emerge and enter our lives.” Roger Evans (Five Dimensions of Leadership, 2020)*

## The Holistic Coaching Practitioner Programme

150 Hour Practitioner Accreditation Programme over 7 months (or longer to suit your pace). 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 March 2024 and November 2024 (dates of orientation and practice workshops on request).

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

## Pathways to coach development and accreditation with PCL

Please download the leaflet on our website for more information: [PclCoachingPathways290623](#)

### Why the EMCC?

- Global organisation with European foundations, more than 10,000 members in 86 countries
- Widely recognised equivalents for three levels of accreditation – Practitioner, Senior Practitioner, Master Coach
- EMCC's holistic and psychological approach to accreditation emphasises quality training and personal development
- Leading the initiative for self-regulation of the coaching profession, signatory to the Professional Charter July 2022 and the Global Code of Ethics. <https://www.emccglobal.org>



### Leading our team of facilitators



**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 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*, Edited by Didi 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 Master Executive Coach, EMCC Senior Practitioner and a coach supervisor.



**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. Heather is an accredited EMCC Senior Practitioner coach, the Director of the HCP Coach Accreditation Programme and a member of the Psychosynthesis Coaching Limited Advisory Board.

To book a place on one of our short courses go to: <https://www.psychosynthesiscoaching.co.uk/short-courses/> or contact us at: <https://www.psychosynthesiscoaching.co.uk/contact/>



Our courses give you the professional foundations and personal confidence you need to be a successful leadership coach.