



## Team Coaching and Group Dynamics

A six-day psychosynthesis coaching training course, in three parts

with Anne Welsh and Aubyn Howard, Psychosynthesis Coaching Limited

*Taking you from individual to team coach...*

### Overview

*Relational – Embodied – Systemic – Synthesis.*

This course gives you what is needed to practise as a team coach in terms of models, frameworks, methods and tools, as well as developing your systemic and psychological understanding of group dynamics.

And we go beyond this cognitive realm towards ways of being and seeing, using self as a team coach, drawing upon the intuitive mind to help the coach develop relational awareness and embodied attunement within any group. At the

Practice –  
methods and  
skills

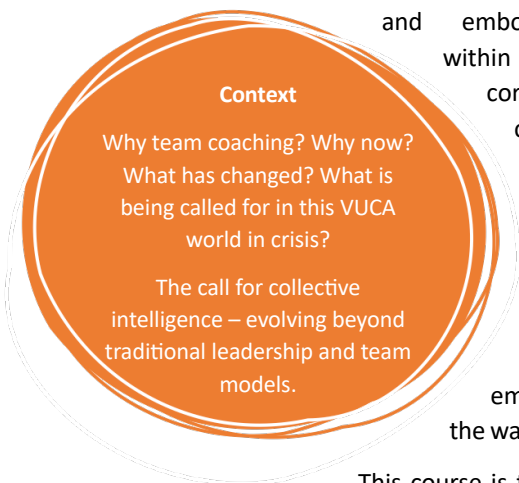
Relational  
self

Psychology  
of group  
dynamics

Embodied  
self

core of our approach is the personal work of recognising how we become caught in relationship and taking ownership of our unconscious projections, transferences and valences in relation to groups and systems.

There is congruence between the way we work and other psychological, relational, embodied and systemic approaches. We show how the depth coach draws upon these perspectives to allow what is unconscious, unspoken or unacknowledged within a team to emerge. We seek to go further by engaging principles of synthesis to open the way for the emergence of a teams' full potential and collective intelligence.



This course is the natural next step for graduates of our PGCPCL and HCP EMCC Accreditation programmes who want to work with teams and groups. It will be part of a further 150 hours of EQA accredited training for those seeking Senior Practitioner accreditation.

This is advanced coach training; however, we will consider applications from coaches without previous training in psychosynthesis who have experienced other relevant personal and professional development.



The three two-day workshops can be attended inperson or online in any combination of the dates offered below. Although this is a primarily a coach training, it is also a co-creative inquiry as we work together to evolve ways of supporting leadership teams respond to a VUCA world in crisis and transition.

#### The orienting framework

- Context and Contract
- Container and Client
- Structure and System
- Purpose and Preparation

Key distinctions, questions and options for team coaching.

## Structure of the Course

<b>Part One: Foundation of team coaching</b> (2 days)	Context, overview and principles	Group Dynamics Training.	Team coaching practice orienting framework.
<b>Part Two: Going to depth as a team coach</b> (2 days)	Introduction to conscious relations for the depth coach	A conscious relations group dynamics workshop	Making sense of what you experienced and learned. What does this mean for you as a team coach?
<b>Part Three: Practice – frameworks and tools, reflection and inquiry</b> (2 days)	Practice – frameworks, models and tools for team coaching	Skills practice – small group team coaching practice	Reflective inquiry. Integration and synthesis from the course

## Course details: dates and fees

### Part One: Foundations of team coaching

This is offered as both inperson and online.

Inperson London, CIEE Russell Square: 25-26 November 2023. Saturday 10:00 – 17:00, Sunday 09:00 – 16:00.

Online: 10-11 January 2024, Wednesday 10:00 – 17:00, Thursday 09:00 – 16:00.

### Part Two: Going to depth as a team coach

This is offered online only.

Online: 10-11 February 2024, Saturday 10:00 – 17:00, Sunday 09:00 – 16:00 OR 29 February – 1 March, 2024, Thursday 10:00 – 17:00, Friday 09:00 – 16:00

### Part Three: Practice – frameworks and tools, reflection and inquiry

This is offered as both in-person and online.

Inperson London, CIEE Russell Square: 13-14 April 2024. Saturday 10:00 – 17:00, Sunday 09:00 – 16:00.

Online: 23-24 May 2024, Thursday 10:00 – 17:00, Friday 09:00 – 16:00.

*Study guides and course materials are provided. A CPD Certificate in Psychosynthesis Team Coaching is awarded at the completion of the course. There will be an option to continue towards EMCC Team Coach Accreditation (details on request).*

### Course fees: £960 + VAT

This can be invoiced all at once or separately as you book for the three parts of the course (£320+VAT each). Payment is in advance of attending each two days.

## The lead facilitators



**Aubyn Howard** is the co-founder of Psychosynthesis Coaching Limited and Director of Coaching at the London Institute of Psychosynthesis where he holds an MA in Psychosynthesis Psychology. He also gained 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 and teams in 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).



**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.

TO APPLY for a place on the Course please go to: <https://www.psychosynthesiscoaching.co.uk/team-coaching-an...training-2023-24/> or to set up a zoom call with Aubyn: <https://www.psychosynthesiscoaching.co.uk/contact/>