



## Psychosynthesis Coaching Courses and Programmes – details for 2024-2025

*The Certificate in Psychosynthesis Leadership Coaching*

*Introduction to Psychosynthesis as a Coaching Psychology*

*The Foundations of Psychosynthesis Coaching*

*The Holistic Coaching Practitioner*

*The Embodied Supervisor Training Programme*

*Team Coaching and Group Dynamics*

Psychosynthesis Coaching Limited

Programme details: 4-3, updated 14 March 2024

*Taking your coaching to the next level... coaching at depth*



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

**In partnership with:**



**Accreditation with:**



**Qualification with:**



## CPLC Programmes for 2024-2025

### **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 CPLC 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 or Masters in Psychosynthesis Leadership Coaching. Prior attendance of the Fundamentals of Psychosynthesis or the Essentials (or an equivalent) required.*

#### **The London Programme (in-person) – October 2024**

**Certificate Programme 4** – 15 days of **in-person workshops** over 6 weekends + one workshop and other online sessions

F2F workshops: (Bloomsbury): 11-13 Oct 2024, 15-17 Nov, 13-15 Dec, 11-12 Jan 2025 (+ 17 Jan online), 8-9 Feb, 8-9 Mar. Times: 09:00-17:00 UK, except Fridays start at 10:00, Sundays end at 16:00.

*Supervised practice period to EMCC Accreditation 9 months minimum.*

#### **The International Programme (online) – October 2024**

**Certificate Programme 5** – 16 days of **online workshops** over 6 weekends + other online sessions

Online workshops: 4-6 Oct 2024, 8-10 Nov, 6-8 Dec, 4-5 Jan 2025 (+ 10 Jan), 1-2 Feb, 1-2 Mar. Times: 09:00-17:00 UK. Sundays end at 16:00.

*Supervised practice period to EMCC Accreditation 9 months minimum.*

<b>Course Fees</b> London programme: <b>£4500 + VAT</b> International programme: <b>£4500 + VAT</b> or <b>€5200</b> (if attending from outside the UK) <i>Fees includes coach accreditation with EMCC.</i>	<b>Additional fees for continuing with the PGC</b> + Institute of Psychosynthesis and University of Middlesex Registration: <b>£1500 + VAT</b> + Fundamentals of Psychosynthesis (if applicable): <b>£350 payable to the Institute of Psychosynthesis.</b>
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**To apply for a place on a CPLC programme, please complete our on-line application form at:**

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

## Short Courses and HCP Programmes for 2024-2025

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

**The Fundamentals of Psychosynthesis** – 3-day in-person or online workshop. Dates available at the Institute of Psychosynthesis website: <https://www.psychosynthesis.org/where-to-start/fundamentals-course/>

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

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

Online dates: 18-19 January 2024, 19-20 September 2024, 13-14 February 2025, 18-19 September. Times: 09:00-17:00 UK each day.

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

**Foundations of Psychosynthesis Coaching, Part 1** – 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, 13-14 March 2025, 16-17 October. Times: 09:00-17:00 UK each day.

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

**Foundations of Psychosynthesis Coaching, Part 2** – 2-day online workshop.

*Pre-requisites: Foundations of Psychosynthesis Coaching, Part 1.*

Online dates: 14-15 March 2024, 14-15 November, 10-11 April 2025, 13-14 November. Times: 09:00-17:00 UK each day.

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

### 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 Psychosynthesis Coaching 1&2* required. An initial group orientation is followed by four half day practice workshops, your own coaching practice, group supervision and tutor coaching support leading to EMCC Coach accreditation at Foundation or Practitioner level.

#### New programmes:

**HCP 4:** March 2024 (orientation session: 20 March)

**HCP 5:** January 2025 (orientation session: 8 January)

**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 and the EMCC accreditation process.

(ii) **Workshop coaching practice:** Four half-day practice sessions (09:00-13:00 UK), each of which includes a skills teaching topic, coaching demonstration, fishbowl coaching and coaching practice in triads. Workshop dates:

€ HCP4 (starting March 2024): 10 April, 8 May, 5 June, 4 September 2024

£ HCP5 (starting January 2025): 15 January 2025, 12 February, 12 March, 7 May

(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 (self-organised or through one of our pro-bono projects).

(v) **Group supervision**, 6 x two-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.

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

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

# The Embodied Supervisor Training Programme 2024-2025

## WHAT – THE STRUCTURE

The training is both didactic and experiential and addresses the evidence base for best practice supervision.



- Facilitated reflective learning over 6 Months. Course 1: October 2023 to March 2024. 10am – 4pm UK for 6 Learning Days. Course 2: June 2023 to December 2024. 10am – 4pm UK for 6 Learning Days.
- Creating and Facilitating a Personal Supervision Group. 6 Reflective Practice papers. Reflection Paper on completion with personal philosophy as a Supervisor.
- 120 Hours Supervision Practice required for EMCC Accreditation (may involve on – going and countback hours). Practice supervision opportunities (group or individual) can be provided by PCL in some cases.
- TOTAL FEE FOR GRADUATION: £2,500 + VAT. This includes Training Days, Papers Read and Feedback, Support to Achieve EMCC Accreditation. Individual Mentor Coaching Sessions are available at reduced fees (if requested). Additional supervision beyond the course dates if required and EMCC Accreditation fee (£300 + VAT) are additional.
- On meeting all requirements, Graduation will take place in April 2024 or December 2024 respectively.
- This programme is in the process of EISA accreditation with EMCC.

## WHEN AND WHERE

**Course 1:** Mondays 16 October 2023, 13 November, 11 December, 15 January 2024, 19 February, 11 March. 6 days, 1 day a month. 10am – 4pm each training day. All On-line.

**Course 2:** Mondays 2 June 2024, 8 July, 5 August, 2 September, 30 September, 28 October. 6 days, 1 day a month. 10am – 4pm each training day. All On-line.

## WHO SHOULD ATTEND?

- Psychotherapists, Executive and Leadership Coaches
- HR & OD Professionals and Management Consultants
- Public and Private Sector Leaders who supervise teams of professionals.

Entry requirements:

- Minimum of 5 years' experience in a relevant professional field.
- Introductory Application Paper (form on request from Anne)
- Interview with Anne Welsh

**For more information and to make an application:**

<https://www.psychosynthesiscoaching.co.uk/the-embodied-supervisor-training-with-anne-welsh/>

Contact Anne Welsh: [Info@synthesis-in-the-city.com](mailto:Info@synthesis-in-the-city.com)

## Team Coaching and Group Dynamics Courses 2024-2025

This course is advanced coach training and is part of a 150-hour EQA accredited programme for those seeking Practitioner or Senior Practitioner accreditation as Team Coaches.

Part One: Foundation of team coaching (2 days)	Context, overview and principles	Power, presence and impact	Group Dynamics training Team coaching practice framework
Part Two: Going to depth as a team coach (2 days)	Introduction to conscious relations for the depth coach	A conscious relations group dynamics workshop	Making sense of what you have learned. What does this mean for you as a team coach?
Part Three: Practice – frameworks and tools, reflection and inquiry (2 days)	Practice – frameworks, models and tools. A model for working on team process	Skills practice – small group team coaching practice Using constellations with teams	Reflective inquiry. Integration and synthesis from the course.

### Details of the 2023-2024 and 2024-2025 courses

#### Part One: Foundations of team coaching

**Course 1:** 2023-2024: 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 UK, Thursday 09:00 – 16:00 UK.

**Course 2:** Online: 25-26 January 2025, Saturday 10:00 – 17:00 UK, Sunday 09:00 – 16:00 UK.

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

**Course 1:** Online: 10-11 February 2024, Saturday 10:00 – 17:00 UK, Sunday 09:00 – 16:00 UK OR 29 February – 1 March, 2024, Thursday 10:00 – 17:00 UK, Friday 09:00 – 16:00 UK. Inperson London, CIEE Russell Square: 9-10 March 2024. Saturday 10:00 – 17:00, Sunday 09:00 – 16:00.

**Course 2:** Online: 22-23 February 2025 or 22-23 March 2025, Saturday and Sunday 09:00 – 16:00 UK

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

**Course 1:** 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 UK, Friday 09:00 – 16:00 UK.

**Course 2:** Online: 26-27 April, Saturday and Sunday 09:00 – 16:00 UK

*Study guides and course materials are provided. A CPD Certificate in Psychosynthesis Team Coaching is awarded at the completion of the course.*

#### Part Four: The Accreditation Programme (optional, taking you to EMCC ITCA)

Four half-day skills practice and team coaching simulation workshops (online only, times: 09:00-13:00 UK). **Course 1:** Friday 21 June 2024, 19 July, 13 September, 25 October. Times: 09:00-13:00 UK. **Course 2:** dates to be scheduled May, June, July, September 2025.

Six Group Supervision session (2 hours each, online only): **Course 1:** June, July, August, September, October, November 2024. Dates and times to be arranged with each group. **Course 2:** May, June, July, August, September, October 2025. Dates and times to be arranged.

#### Course fees

The Training Programme (Parts One, Two and Three): £960 + VAT (or €1120).

The Accreditation Programme (Part Four): £1990 + VAT (or €2330), inclusive of workshops, group supervision, support for pro-bono team coaching assignment and EMCC accreditation fee.

**For more information and to book a place go to:**

<https://www.psychosynthesiscoaching.co.uk/team-coaching-and-group-dynamics-training-2023-24/>



## The PCL Faculty – leading these 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. 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 download more information about our courses and programmes, including the **CPLC Prospectus** and the **Short Courses and HCP Brochure**, 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/>