

# RESILIENCE

FOR COACHES AND THEIR CLIENTS



14th July 2011 | University of East London, Docklands Campus

The challenges faced today by coaches and their clients demand new levels of strength and resilience. Coaches need to sustain their own health and wellbeing, both physically and psychologically in order to continue to coach in a highly effective and appropriate way and to sustain their business. Appropriate supervision and CPD is an important part of this.



## Keynote Speakers:

- ▶ **Dr Anthony Grant:** Does coaching really enhance resilience, well-being and happiness? Lessons from the lab to reality TV and back again!
- ▶ **Professor Stephen Palmer:** Health and well-being coaching: A cognitive behavioural approach
- ▶ **Dr Tim Anstiss:** Resilience Techniques of the Ancients
- ▶ **Professor Peter Hawkins:** Developing the Ethical and Emotional Capacity of the Coach in Supervision
- ▶ **Dr Jonathan Passmore:** Supervision, Ethics and Reflective Practice
- ▶ **Dr Chris Johnstone:** Evoking Resilience in Times of Uncertainty

## Workshops and Masterclasses:

- ▶ **Professor David Lane:** CPD in Coaching – being our own best Critical Friend
- ▶ **Michael Chaskalson:** Mindfulness
- ▶ **Roy Childs:** How Resilience affects your Coaching Practice
- ▶ **Arielle Essex:** Inside Out Wellness
- ▶ **Jane Keep:** Building Resilience for Consistency and Steadiness
- ▶ **Kate Burton:** Coaching with Energy

## Price:

- ▶ £135 +VAT AC members; £185 +VAT non-members
- ▶ Early Bird booking available until 31st May: £97 +VAT AC members; £147 +VAT non-members

