

ICF BULGARIA MASTERCLASS SERIES

ICF Bulgaria Masterclass Session №5

***TOPIC: "COACHING TRENDS AND
PRIORITIES"***

GUEST LECTURER:



LIZ HALL

COACH, EDITOR & CO-OWNER AT COACHING AT WORK



DATE: 23.06.2011

PREPARATION TIME: 18:15 – 19:00

START OF SESSION: 19:00 (BULGARIAN TIME)

END OF SESSION: 21:00

ICF MASTERCLASS IS SUPPORTED BY

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SCHEDULE OF MASTERCLASS SESSION №5

DURATION	TOPIC	LED BY
18:15 - 19:00	TIME FOR PREPARATION FOR THE CALL	
19:00 – 20:55	START OF THE CALL TOPIC: “Coaching trends & priorities”	
5 min	Welcome notes	ICF Bulgaria
40 mins	Coaching trends A growing field across the globe. Professional coaching bodies- membership & collaboration How and where is coaching being used in organisations and in society as a whole? Popular approaches informing coaching.	Liz Hall
10 mins	Questions and answers	
10 mins	Comfort break	Liz Hall
30 mins	Coaching priorities What are the main priorities currently for the coaching profession or emerging profession? Including accreditation, resilience/wellbeing and addressing poor practice With the best intentions, coaches get it wrong. But what does poor practice look like and what can be done about it? Key themes from the Coaching at Work Poor Practice 2010 survey carried out with key professional coaching bodies including the ICF	
10 mins	“TAKE FIVE” A five minute mindfulness/somatic exercise A simple two-stage exercise which can be used by coaches before coaching sessions; within coaching sessions with clients, and by clients in between coaching sessions and after coaching has ended.	Liz Hall
10 min	Debrief and questions and answers	Liz Hall
5 min	CLOSE WHAT IS NEXT in the ICF Bulgaria Masterclass Series?	ICF Bulgaria

WHO IS OUR GUEST?



Liz Hall Liz is an experienced, creative and innovative editor, having successfully edited (and now co-owned) Coaching at Work for 6 years.

She has won the Association for Coaching's 2010-11 Award for Impacting the Coaching Profession.

She is an award-winning journalist (Periodical Publishers Association & Reed Business Information).

She has acted as editor/deputy editor/features editor/news editor on publications including Personnel Today, Recruit, Doctor, Hospital Doctor.

Publications she has written for include the Guardian, the FT, the Observer, Campaign, Hospital Doctor, Doctor, Spirituality & Health, Mandala magazine, Employment Law, Personnel Today, People Management, Community Care, Practice Nurse. She is currently working on a book on mindfulness in coaching.

She is a trained coach (i-coach academy, accredited at European Mentoring & Coaching Council Advanced Practitioner level). As a coach she works with people looking to change careers, on meaning and purpose, who are in transition, who want a better life/work balance, who want to live more in the moment etc. Among the approaches underpinning her work are mindfulness and somatics.



MESSAGE FROM LIZ HALL TO ICF BULGARIA MEMBERS:

Dear members,

So often, in all our striving to do, we neglect our calling to be. One of the greatest gifts coaching can bring is to help us and our clients remember who we are. Trust; respect and love for ourselves and others; acknowledgement of our interconnectedness; self responsibility, and authenticity- these all come to the fore when we let ourselves be. And these are just the qualities we all need in the ambiguous, rapidly-changing environments we all face, particularly our leaders, particularly those in countries such as Bulgaria. To be able to play a small but vital part in personal, organisational and societal transformation is a responsibility we should not shirk. It is also a deep honour. If not us, then who?

MORE ABOUT THE TOPIC OF THIS SESSION

In order to take maximum advantage of the session, please read the following documents before coming:

Here are some links to documents on the Coaching at Work site

www.coaching-at-work.com

Poor practice survey (two parts):

http://www.coaching-at-work.com/wp-content/uploads/2010/07/PoorPracticeICF5_4.pdf

<http://www.coaching-at-work.com/wp-content/uploads/2010/09/SEP10-POOR-PRACTICE-2.pdf>

Further information

Coaching at Work magazine is published every two months on glossy paper with high quality editorial and graphics, and contributions from journalists and well-respected practitioners. As well as the magazine, subscribers get a monthly e-newsletter as well as access to articles since 2005, free registration on the global Coach List, membership of our global LinkedIn group, and discounted attendance rates at our conferences.

You can see a sample issue here: <http://www.coaching-at-work.com/2010/11/30/sample-magazine/>

ICF DISCOUNT: We have a special discount for ICF members to subscribe- 20 per cent off the printed magazine (we do send overseas) and 10 per cent off the digital subscription. The codes you need to get these discounts are ICF2010 and CADICF2010 respectively.

We also have special rates for multiple subscriptions for organisations, and sell individual issues.

www.coaching-at-work.com

Further resources

Information on accreditation, including comparison between different professional bodies:

<http://www.coaching-at-work.com/category/accreditation-hub/>

Information on coach training:

<http://www.coaching-at-work.com/wp-content/uploads/2010/10/Traintogainreporttable.pdf>