

Gestalt Coaching Skills Workshop

Virtual programme

This live virtual experiential course is aimed at those who require coaching skills at a deeper level in order to bring about significant change in themselves, in others and in their organisations.

The four-half-day workshop is an introduction to Gestalt principles and practice.

Personal and Professional Benefits

We asked senior managers from PwC, BBC and Prudential UK what they had gained from previous Gestalt programmes. This is what they said:

"Learning to tolerate ambiguity and uncertainty rather than being overwhelmed by it has given me greater confidence and stronger presence."

"I am much clearer about setting boundaries and negotiating contracts so I know what is my responsibility and what is the client's."

"Rather than rush in and try to control the awkward situations, I can now facilitate those difficult times so that something creative emerges."

"The discovery that my feeling response is valuable information in how I facilitate, or coach, has given me a much broader and insightful range of interventions."

Benefits for your Organisation

The following are some of the organisational benefits of the Gestalt coaching method:

- ◆ It provides unique insights into personal and organisational change, particularly regarding resistance and how to deal with it.
- ◆ It recognises the "human heart" in organisations and through a coaching process can surface hidden energy and performance potential.
- ◆ It promotes learning and change at all levels of the organisation.

To talk through the details of our programmes and how we can help you, please contact: Gina West
gina.west@aoec.com

Gestalt as a 'Developmental' approach to coaching

Performance coaching is solution focused and behaviourally oriented. It looks at the way individuals, teams or organisations achieve goals, targets and objectives.

Developmental coaching, and Gestalt approach in particular, works at a more fundamental level. It focuses on how beliefs, values and attitude affect people's relationships, how they respond to change and therefore the impact on business performance.

Dates:

2021:

30th September - 1st October AND 7th - 8th October

2022:

13th - 14th January AND 20th - 21st January

Times

9.00am to 12.30pm

Fees

£585.00 + vat

Delivery

via Zoom platform

Gestalt is a holistic approach which:

- ◆ Integrates the cognitive, emotional and behavioural aspects of relationships
- ◆ Supports good communication and understanding
- ◆ Acknowledges the function of resistance and irrational behaviour
- ◆ Recognises how people and events are systemically connected within organisations.

The Gestalt approach also employs the use of 'self' as a coach in a unique way to promote clarity and discovery where the usual rational approaches no longer provide the solution.

The Learning Context

The learning situation is viewed as a micro organisation, paralleling many of the interpersonal and team issues thrown up in the workplace.

Therefore specific attention is paid to the internal workings of the group and learning points are drawn from personal and group experience.

As a result of attending this module you will:

- ◆ Understand how to work in the present
- ◆ Experience the importance of the coaching relationship as a vehicle for change
- ◆ Know how to use yourself in the relationship to powerful effect
- ◆ Be able to work with the current experience of the client, ie phenomenologically
- ◆ Understand and work with resistance in the change process.

There will be ample feedback from peers and supervision from Faculty.

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The Programme Covers

- ◆ The nature of sensory and emotional awareness.
- ◆ Using observations of what you see, hear and feel in client systems
- ◆ The Gestalt Cycle of Experience as a dynamic model to understand individual and group development
- ◆ The paradoxical nature of change
- ◆ Working with resistance in coaching practice.

The workshop is designed to be highly experiential; as a prerequisite to theoretical understanding, with opportunities for 'in the moment' learning from personal and group experience.

Booking Procedure

Please fill in an application form at our [webpage](#).

Accreditation

This workshop is accredited with the International Coach Federation (ICF) for 12 CCEUs (Continuing Coach Education Units).