

Key dates and learning for developing your coaching practice

Book now for an early bird discount on our next **5 day intensive practical skills in management coaching course** taking place in London from 4th - 8th April 2016. We will also be running this course in Norwich, dates to be confirmed. Contact us for further information and to make a booking.

'Came on the course not really understanding what coaching is, but now I feel able to successfully coach those I work with.'

Coaching Masterclass with Leni Wildflower Thursday February 11th 2016 1400-1700

Leni will be our inspiration at ConsultEast's next **Best Practice** event in Norwich. This masterclass will be on insightful coaching aimed at exploring the unconscious assumptions that keep us from making change. To book your place contact jane@consulteast.co.uk before February 1st 2016.



Rachel Paul, Director of ConsultEast, will be presenting at the EEGLA Annual Coaching Conference 2016: The Butterfly Effect – Coaching for Transformation on Friday 5th February at the Moller Centre in Cambridge.

The conference is bringing together a number of speakers and presenters with a shared passion for coaching.

Rachel will be delivering a practical masterclass - Coaching with CAKE and Blueberries. Delegates will consider the added value of coaching in terms of Change, Action, Kit (having a toolkit) and Engagement i.e. CAKE. They will also look at the connection to wellbeing and the value of coaching to a healthy mindset and outlook.

During this interactive workshop Rachel will introduce participants to the value and merits of coaching. She will do this by using a specific model that has proven invaluable for many of ConsultEast's clients. The workshop will focus on how to achieve positive action and change, leading to higher levels of engagement. She won't focus on CAKE alone, she will also consider the health and wellbeing merits of coaching and consider how coaching can support individuals in being kinder to themselves and achieve positive change, both at work and home.

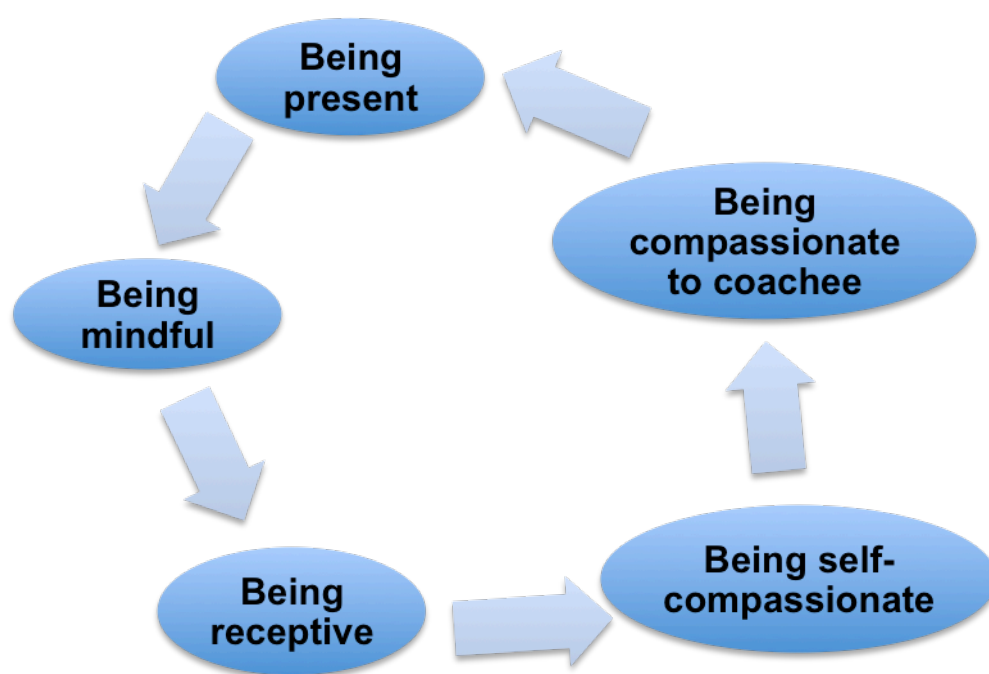
Rachel's approach is practical and designed to ensure that delegates leave this workshop with skills that they can immediately apply. Whether they have experience of coaching or not, this workshop will provide valuable insight and what's more, it will be fun and there is certain to be cake and blueberries!

For more details please visit the EEGLA website or contact us on (01603) 259826.

Procrastination - by Rachel Paul

Many of you will have noticed that ConsultEast's calendar always includes Sapadin's Typology of Procrastination for a useful referencing tool when coaching. This has come about as I have a personal interest in the topic!

I find routine tasks potentially dull and am happily distracted at any available opportunity! Therefore delay and last minute completion is often more interesting! Testing ourselves out like this is not to be recommended as it often results in greater pressure and potentially more personal sacrifice. So is it really lower levels of tolerance or is there a link to fear? Whether or not there are any underlying fears (such as getting things wrong, failure, lack of self-compassion) depends very much on the individual. Self-compassion is a much talked about prerequisite for leadership and coaching argues Goleman 2016 <https://twitter.com/DanielGolemanEI> (HBR) and others (Moore and Jackson, 2014) argue that this is needed to be a healthy and mindful coach. Being 'present' helps us coach more effectively rather than being distracted by potential procrastination going on elsewhere in our heads and our lives.



Procrastination is a potential barrier to all of these things being present. Become a more resourceful and compassionate coach through supervision. Book a taster session with us to find out more. 01603 259826 info@consulteast.co.uk.



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