

## Gestalt Coaching Skills - Part 2

With Marjorie Shackleton

This 2 x 2-day programme follows on from the Gestalt coaching skills part 1 workshop and aims to give you a more profound understanding of the principles of Gestalt and how to imbed them in your practice.

It builds on the core methodology covered in the first workshop and will help you further develop coaching skills at a deeper level in order to bring about significant change in yourself, in others and in their organisations.

### Programme Overview

#### Gestalt Process of Change

- Imbed the concept of Figure and Ground and the rhythm of Contact & Withdrawal so you attend to both your clients needs and your own
- Sharpen your observations of what you see, hear and feel in relation to the client so you can provide personal and direct feedback to the client

#### Cycle of Experience

- Learn how to use the Gestalt Cycle of Experience as a dynamic model for intervening with individuals and groups.
- Understand the behavioural characteristics at each stage of the cycle and how to use this information in your work.
- Discuss, analyse and experience coaching challenges using the cycle as a diagnostic tool.

#### Resistance to change

- Learn how to use the paradoxical nature of change with clients.
- Understand the 'interruptions to contact' as the structure of resistance in coaching practice.
- Through practice and review develop strategies for working with resistance.
- Discover how to 'trust the process' and work with the natural rhythm of change.

The Gestalt approach is a way of **being**, of developing **presence** so the coach acts as a powerful role model in his or her work. It is also important to understand the differences between a therapeutic contract and a coaching contract and explore the boundaries between them.

### Marjorie Shackleton

With a psychotherapeutic as well as advanced coach training background, well-honed through extensive experience developing individuals and teams in the US, Canada and UK, Marjorie brings a unique blend of psychological and organisational experience to her work as an Executive Coach. Her individual developmental model is underpinned by the belief that sustainable, organisationally relevant change often requires engagement on a personal as well as business level. Marjorie's particular interest is in leadership issues that arise when individual 'drivers' are in conflict with organisational needs and the creative solutions which emerge out of this so called *paradox of leadership*. Marjorie is also a skillful Coach Supervisor.

### Venue

The event is held at Bonhill House located in the heart of London near Moorgate/Old Street tube stations.

Etc venues  
Bonhill House  
1-3 Bonhill Street  
London  
EC2A 4BX

### Booking Procedure

Please fill in an application form on-line at: [www.aoec.com](http://www.aoec.com)

### 4 Day programme

11<sup>th</sup> & 12<sup>th</sup> July and 11<sup>th</sup> & 12<sup>th</sup> September, 2012

### Fees

£1,100 +VAT

To talk through the details of our programmes and how we can help you, please contact:

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