

Cognitive Behavioural Coaching

2-day workshop with Marjorie Shackleton

Cognitive Behavioural Therapy (aka: CBT) based coaching is heavily influenced by the work of Aaron Beck and Albert Ellis. It takes the view that how we react to events is determined by how we think about them. So, by examining and re-evaluating our belief systems and thought patterns we can develop more effective behaviours. A CBT approach offers a time limited, goal directed, here and now approach aimed at helping individuals develop action plans for change.

Overview

- Learn to identify negative or irrational thought patterns which lead to ineffective behaviour and hinder performance
- Apply models of structured problem solving which allow individuals to draw on their own problem solving capability
- Sharpen your skills in identifying irrational or unrealistic belief systems which are self limiting
- Learn how to 'unstick' your client through a reframe of self defeating behaviour
- Learn new ways of ways of working with the relationship between thoughts and emotions leading to behaviour change

Facilitator: 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 leader-ship*. Marjorie is also a skillful Coach Supervisor.

Dress

Comfortable, casual clothing

Dates

20th and 21st June 2012 (120 Moorgate)

10th and 11th October 2012 (Bonhill House)

Fees

£600.00 plus VAT

Dress

Comfortable, casual clothing

Venue

Etc venues

120 Moorgate
Moorgate
London
EC2M 6UR

Bonhill House
1-3 Bonhill Street
London
EC2A 4BX

Booking Procedure

Please fill in an application form on-line at: www.aoec.com

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

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