

A large purple circle with a white border, containing the text 'In the moment learning' in white, bold, sans-serif font.

**In the moment  
learning**

### **Date and time**

14 and 15 November 2024  
09.00 to 17.00 Singapore time.

### **Delivery - in person**

Singapore - venue to be confirmed

### **Price**

SGD 1,500

### **To Book**

Register your place on our website here

### **For further information please contact:**

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# **Foundation Gestalt Coaching Skills Programme**

## **Theories and practical techniques**

This in person 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 two day course 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

## 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.

### 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, i.e. phenomenologically
- understand and work with resistance in the change process.
- there will be ample feedback from peers and supervision from Faculty

### 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.

## Meet the faculty



### John Leary-Joyce

AoEC CEO and Company Owner, Owner of Gestalt UK, author of Fertile Void and Gestalt Coaching at Work



Foundation Gestalt with John as our teacher was a beautiful experience. John was so down-to-earth and relaxed in his delivery, it made absorbing the learning really easy! Glad I signed up!

Arif Bobat

## Accreditation



This is a certificate level programme: on completion you will receive a certificate of attendance from the AoEC



Accredited with the International Coaching Federation (ICF) for 12 CCEUs (Continuing Coach Education Units).



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