



Life Coaching: The Process Of Re-Authoring Lives

Developing Core Systemic Theory and Practice Skills

Introduction

The Greek philosopher Socrates said: "I cannot teach anybody anything. I can only make them think". We believe that the task of the Life Coach is to help the Coachee find the key to unlock the door to their potential and allow them to decide how they might most effectively use the abilities they identify.

A request for life-coaching can be seen as an invitation to help a person re-author his or her life. Embedded in any request for coaching is a wish to embrace and manage change.

Objectives of the Course

1. To share the conceptual model informing Chiron's approach to coaching.
2. To introduce participants to techniques for use in coaching
3. To facilitate participants thinking in developing their own coaching practice.

Areas to be covered:

1. Introduction to coaching
2. Introduction to narrative theory
3. Using narrative ideas re-author lives
4. Developing questioning and listening skills
5. Selecting appropriate resources/exercises to use as a coach

Method of teaching:

- Seminars
- Practice of techniques Role play
- Case discussions
- Length and Structure
- This is a 3 day course, delivered over 6 half-days

Length of Course: 3 days. This will be delivered over 12 weeks. Participants will be expected to attend for half-day every other week. Please contact us for the next scheduled start date.

Cost: £650. This may be paid in two installments.

How To Apply: Please download and complete the application form from the website and email to admin@chirontraining.org or post to the address listed below.

If you would like to discuss any aspects of the course before applying please contact Dr. Sharon Bond on (020) 8257 7915 or email at admin@chirontraining.org.