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COACH

FACILITATE

TEAM BUILD

OUR TEAM

NEWS & VIEWS

A MESSAGE FOR YOU



News

For anyone with an interest in coaching!

2008 Coaching Events in Aberdeen



Alison is Team Co-ordinator for the Aberdeen branch of the **Association for Coaching**. We have developed a strong reputation for interesting & engaging evenings, which attract around 60 participants. Forthcoming events in Aberdeen include:

Speaker Event:

1st October 2008 - Creating a Coaching Culture, with speakers from **BT, Petrofac and Grampian Police**. Speaker events are open to anyone with an interest in the topic.

Co-Coaching Event:

and **16th September 2008 - Co-Coaching**. Co-coaching events enable coaches of all experiences to practice and receive feedback on their coaching. These events are open to coaches and those with an interest in coaching. **Email** Alison to find out more, or register online using the AC link above.

Developing Coaching Leaders/Creating a Coaching Culture in Your Organisation

Talk to us - we have a great new programme which will be tailor made for your business!

According to CIPD research 88% of organisations expect their line managers to regularly coach their staff. But frequently managers report that they lack the time, skills or confidence to do this. How can you

Views

The views section contains information on resources and websites that may be of interest to you. It is updated regularly, so please come back and visit us soon!

Websites & Newsletters:

www.tut.com (highly affirming daily notes from the universe. These are just brilliant & sure to make you smile! Sign up to them soon)

Relax (choose a door leading to relaxation on this really helpful & well structured website. Also, see books below - Mike George)

www.cipd.co.uk (New article on Coaching Supervision - Sept 06)

www.moretolife.org (More to Life Weekends run regularly in the UK and internationally. Powerful and simple tools to help you live a happy life.)

www.compass360.net (Providers of bespoke 360 degree feedback tools for individuals and teams.)

www.cipd.co.uk/coachingatwork (The CIPD's new magazine and online resource. Get a free copy of the special launch issue.)

Books:

"Soulmates" by Sue Mins, (Gets to grips with this most mysterious and magnetic liaison, explaining what they really are, how to recognise one, and what they mean. Fascinating!).

ensure your managers have the ability, desire and confidence to use coaching skills in a way that benefits your business and the individuals in it?.

We are running a highly successful modular **"Coach the Coach"** programme for leaders. The impact has been just amazing!!

Contact us on + 44 (0) 1224 209988 or [Email](#) to find out more. Client testimonials available.

Recent Feedback from Team Events

We have been fortunate to work with great teams and groups. Some of your recent comments:



"The team day exceeded my wildest dreams."

"An amazing day - and testament to your great facilitation skills".

"Today we have experienced the best and most communication between us all".

Thank you for inviting us to work with you.

"Do it Tomorrow" by Mark Forster (Getting you to be creative, ordered and effective - can't be bad. Great habits that build on Mark's first book -see below)

"The 7 AHA!s of Highly Enlightened Souls"

by Mike George, ISBN 1-903816-31-9 (7 key messages that bring wisdom to free yourself from stress. Beautifully written and illustrated)

"Getting the Love you Want - A Guide for Couples"

by Harville Hendrix (This book will help you create a loving, supportive and revaltalised partnership. Great wisdom)

"Ask and it is Given" by Esther and Jerry Hicks ISBN 1-

4019-0459-9 (Learn how to make your life better through positively creating your own future. An inspiring book on the law of attraction)

"Loving What Is" by Byron Katie (Four simple questions that can change your life. Great book. DVDs also available)

"Co-Active Coaching" by Laura Whitworth ISBN 0-89106-123-L (Thorough, practical, inspirational)

"Get Everything Done and Still Have Time for Play"

by Mark Forster ISBN 0-340-74620-3 (We can't manage time - only our attention. Best book we've read on time & task management.)

"Conquer your Stress" by Cary L Cooper & Stephen

Palmer ISBN 0-85292-853-X by Dr Stephen Palmer ISBN (Expand your knowledge of stress reactions and how to come out of the stress cycle)

 [Printable Version](#)

Previous News & Views:

[News & Views up to June 2008](#)



gain growth; to advance; to progress; to reach; to win (over); gainful; profitable; advantageous; devoted to gain



To discover how we can support your specific needs, we need to talk.

[Contact us](#) today or phone +44 (0) 1224 209988