

News

For anyone with an interest in coaching! 2010 Coaching Events in Aberdeen



We support the excellent efforts of the Aberdeen branch of the [Association for Coaching](#). The AC has developed a strong reputation for interesting & engaging evenings, which attract around 60 participants and include time for valuable networking. Forthcoming events in Aberdeen include:

Next Speaker Event:

21st October 2010 Coaching Corners and Hot Topics Back due to popular demand a series of 4 coaching corners where participants can select to attend 2 or 4 specialist coaching subjects. 5.30pm to 6pm Registration & Networking. Venue: Petrofac, 1 Bridge View Place, North Esplanade, Aberdeen.

This event is open to anyone with an interest in the topic. There is a full programme of events for 2010, so do get in touch if you would like to find out more.

Co-Coaching Event:

2010 dates: 25th Aug, 16th Nov.

Co-coaching forums 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 programme which will be tailor made for your business! We also have an open programme running in the Autumn of 2010, where participants can join in from different organisations.

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 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 in public and private sector organisations of all sizes. The impact has been just amazing!!

Views

This 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!

Books (see links below to Previous News & Views pages for previous book recommendations, which I hated deleting in order to update this page!):

"Prisoners of Belief" Matthew McKay & Patrick Fanning (Restricting negative beliefs can imprison you. This book shows you how to test your core beliefs objectively, and subtly shift them to escape from the prison and have a more satisfying life. At GAIN we are passionate about helping people to be who they are at it's fullest via coaching. This book is a really helpful tool for you, whether or not you are working with a coach).

"Appreciative Team Building " Diana Whitney (We often focus on what we are NOT doing well, rather than building on what we ARE doing well as a team. This super book supplies 48 positive questions that allow us to enhance a team's performance by igniting positive and engaging conversations. A must for team leaders and facilitators)

"Making Coaching Work" David Clutterbuck

(An invaluable book for those of you trying to create a Coaching Culture in your organisation, or at least considering it. Real life examples, models and key steps)

"The Coaching at Work Toolkit"

Perry Zeus & Suzanne Skiffington (A very practical coaching book that includes all aspects of coaching along with useful forms and structures to use in your coaching practice. A good check in for experienced coaches and an invaluable resource for newer coaches)

"The Dark Side of the Light Chasers" Debbie Ford (Why do the same old things get to us so easily, and intensely? These are clues to the emotions and traits we most fear in ourselves. This is an enlightening guide that helps us reclaim the aspects of our true selves we have rejected in the past. There are also some seriously humorous examples that help you work through the book)

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.

"I Need Your Love - Is that True" Byron Katie (A book that highlights the common misunderstandings we have about love, explains how to examine our attempts to win people over, and clarifies how to bring new life to casual and work-based friendships, as well as intimate relationships. Can you afford not to read this book?!)

"Life's Companion - Journal Writing as a Spiritual Quest" Christina Baldwin (This luminous book is a real joy and will be with me for many years to come. It's text with enlightening quotations, exercises and questions will nurture the writer and seeker in you.)

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)

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.)

 [Printable Version](#)

Previous News & Views:

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

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

 Gain growth; to advance; to progress; to win over; gainful; profitable; advantageous; devoted to gain (plus Gain Coaching Aberdeen logo)

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

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