

Workshop:

Agile Practice – The coach's perspective

Brief overview

Calibrating your coaching practice to support a coachee in potentially one standalone session can be challenging. Overcoming some of the potential barriers, natural preference and bias to practicing in longer term coaching relationships is key. Agility in coaching is something we instinctively use to meet the needs of the coachee, however the practicality of working along the spectrum of coaching from non-directive to directive requires some self-reflection to ensure we are fulfilling our own needs and aspirations for our practice.

This interactive session will give you an opportunity to reflect on your agility in the moment as a coach, mentor or facilitator. Insightful Exchange will share their experience and reflections of agile practice from working with NHS clinicians and other staff at the initial peak of the Covid-19 pandemic. This was a fulfilling and rewarding piece of work, which enabled the Insightful Exchange team to learn a lot about themselves.

What is it like for you to be directive ? What is it like for you to be non-directive?
How do you set your bar so that you are practicing within your desired range?

Spend 45 minutes with Insightful Exchange to answer those questions whilst sharing your experience with colleagues.

About the speakers/facilitators

John Monahan, Director of Insightful Exchange

John is an integral member of the leadership team at Insightful Exchange. He is an experienced development professional with a background in organisational development, leadership development and human resources. John's experience spans a number of sectors and has included senior roles in NHS provider organisations, he has worked at regional and national level as a Deputy Director at the NHS Leadership Academy.



John brings a depth of experience and understanding to Organisational Development and Leadership Development. His passion is to work in partnership to enable insight and growth whilst exploring the complexities, challenges and rewards of leadership.

John is a chartered member of the CIPD and holds a Master's Degree in HRM, he is an accredited Executive Coach, an accredited MBTI practitioner and a Strengthscope Master.