

# COACHING CPD MINI SERIES 2023-2024

**NHS**  
Leadership Academy  
South East

**boo**  
coaching &  
consulting

## HANDLING THE INNER CRITIC

This session will draw upon the self-compassionate coaching movement as we explore why we might experience the inner critic and how we can help to turn down the volume.

**26TH SEPTEMBER 2023**  
**12:00 PM-13:00 PM**

## UNCERTAINTY AND CHALLENGE

Explore the reasons why uncertainty feels tricky for our clients and how we can support them to build skills to handle challenging circumstances.

**19TH OCTOBER 2023**  
**12:30 PM-1:30 PM**

## COACHING AND WELLBEING

This session will enable coaches to understand more about their own stress triggers and opportunities for caring effectively for yourself whilst also share some helpful tips on supporting your clients.

**14TH NOVEMBER 2023**  
**12:00 PM-13:00 PM**

## BUILDING BELONGING

Reflections on building belonging through our coaching interventions with leaders

**6TH DECEMBER 2023**  
**12:30 PM-1:30 PM**

## TRAUMA INFORMED COACHING PRACTICE

Exploring what is required of coaches to become trauma informed and how this benefits clients

**23RD JANUARY 2024**  
**12:00 PM-13:00 PM**

## COACHING AND NEURODIVERSITY

Understanding the benefits of coaching for neurodivergent colleagues and exploring techniques that are helpful

**15TH FEBRUARY 2024**  
**12:30 PM-1:30 PM**

## WORKING WITH VALUES

Enabling our clients to understand their values through some simple values activities and exploring the Japanese concept of Ikigai

**12TH MARCH 2024**  
**12:00 PM-13:00 PM**

## RETURNING TO COACHING

This session is for any coach who wants to get back to basics. It's an opportunity to refresh your skills as we share a range of practical tools and helpful reminders.

**18TH OCTOBER 2023**  
**1ST FEBRUARY 2024**  
**12:30 PM-1:30 PM**

**TO BOOK YOUR PLACE ON ANY OF THE SESSIONS CLICK [HERE](#)**