

ACTIVE COACHING

Coaching powered by Acceptance and
Commitment Training (ACT) – a 2 day course
by Dr Iain McCormick and John Groom

INTRODUCTION

- Acceptance and Commitment Therapy or Training (ACT) is an evidence-based approach to building well being
- This professional development programme is an introduction on how to use ACT in executive coaching
- It is a highly interactive practical workshop with considerable experiential time to learn the skills
- The programme is designed for practitioners who already have a practical understanding of executive coaching.

PRESENTERS

- Dr Iain McCormick holds a Master of Social Science with First Class Honours, a Diploma in Clinical Psychology and a PhD in the area of work stress. He heads the Executive Coaching Centre and has 30 years of local and international coaching experience. He is a trained ACT practitioner.
- John Groom MA (Hons) Dip Tchg. Dip Bus. is a Registered Psychologist who has been in the coaching and facilitation business all his working life. John's specialty is creating environments in which people can learn. John is also a trained ACT practitioner.

The programme is for:

- *Existing coaches who wish to expand their skills*
- *“In house” coaches or leaders wishing to become more effective at coaching their staff and colleagues*
- *Anyone else wishing to learn and practice coaching skills in a safe and friendly environment*

ACTIVE COACHING

Objectives

By the end of the course participants will have learned:

- The fundamentals of Acceptance and Commitment Training
- How ACT can be integrated into coaching
- How to effectively use ACT to deal with a range of their own frustrations and issues
- How to use ACT to deal with coachee issues.

Course Summary

Day One

- Refresher on coaching – the principles and skills
- The fundamentals of Acceptance and Commitment Training
- When to actively accept issues and when to take committed action
- Practical tools to develop acceptance
- Mindfulness and its use in executive coaching
- Application of ACT to a wide variety of coaching issues

Day Two

- Recap and reflections from Day One
- How to enable coachees to connect with their core values and take committed action
- Application of ACT in coaching – the principles
- Application of ACT in coaching – the practice
- Action planning for ACT based coaching.



You will get

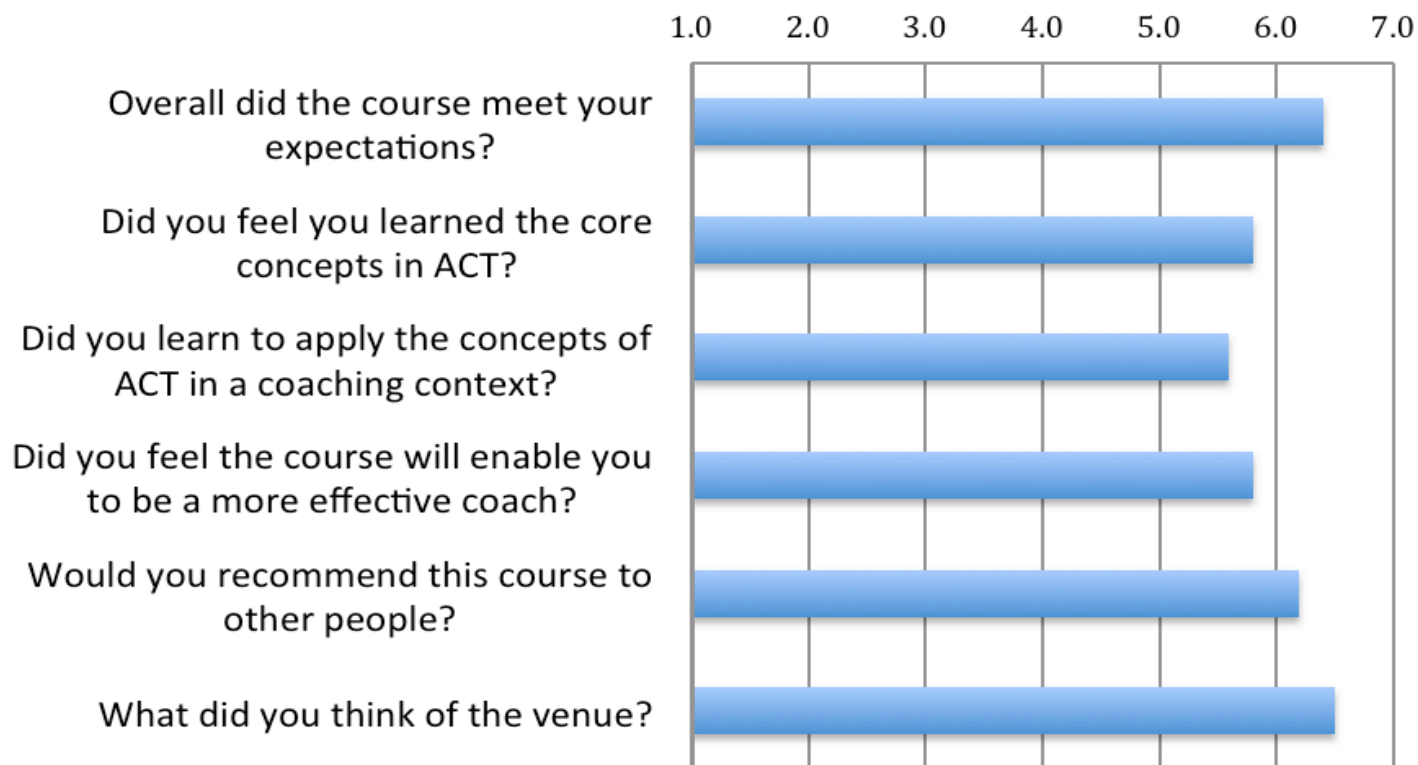
- A copy of the slides from the course
- A copy of the e-booklet 'Active Coaching'
- A Certificate of Attendance

Details

- Course runs 9.00am to 5.00pm
- Thursday 15 and Friday 16 November 2012, at Sorrento in the Park, One Tree Hill Domain
- Cost \$650 plus GST for the 2 days

COURSE FEEDBACK FROM 2011

ACT based Coaching Course Feedback



Iain McCormick and John Groom

Course comments

- The workshop was truly inspirational and I left it with the strong desire to find coachees with whom I can work using these principles and elements.
- A hugely valuable course - definitely have taken on board a number of additional 'tools' to add to my coaching toolkit.
- Thank you for a great course. Very nice to learn some skills to help people reduce stress and anxiety - which a typical coaching framework may not to cover.
- Good pace, great use of humour and personal anecdotes by presenters. Very clear explanations and appropriate practical exercises.
- I thoroughly enjoyed and appreciated the way Iain and John embedded the ACT framework in the executive coaching practice. Most notably, I appreciated that you not only talked about ACT framework and principles but also demonstrated them in the way you facilitated.