

Our Body - Our Coach

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This project was designed to look at how Focusing can enhance Coaching. A one day workshop was designed to integrate Focusing within a Personal and Executive coaching framework.

It provided the space for people wanting to review aspects of their working life, these included situations where a person was feeling frustrated and stressed in their job; another, wanting to improve an interpersonal relationship at work, one was moving into a new role and others were considering a new direction altogether. The format combined the solution approach of coaching with the deeper insights of body Focusing. Participants were guided to connect with their bodily felt sense (their 'inner coach') in order to help them move forward in a way which was consistent with their priorities, values and beliefs.

The workshop was designed to let participants work individually on their own issue whilst the group format facilitated learning from others, sharing only what they wished to share. The aims of the workshop were to provide:

- An understanding of what Body Focusing is.
- An opportunity to practice and experience Focusing.
- The space and guidance to use focusing to inform their understanding about the work topic that they had brought to the workshop.
- Space to reflect on how they would use focusing to enhance their everyday life.
- The basic skills to enable those who managed others to take a focusing approach to this aspect of their work.

This workshop remains available for individuals, employers, groups and organisations. The workshop is designed to accommodate which ever topics or issues are relevant to the participants with the aim of enhancing the quality and depth of their coaching journey and outcomes.

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