

International Coaching Week

17 – 21 May 2021

Renewal, Reinvention and Respect  
in the Covid Context



Coaching York's series of free of charge interactive webinars and outdoor events **open to all**.

**Click on the session titles for more detail and to book**

## Monday 17 May 2021

**10:30 – 11:45**



### [Re-igniting your team's synergistic spark - Steve Gorton](#)

In this interactive session you will:

- Define YOUR high performing team's (HPT) ethos
  - Use the "3As" of Alignment, Accountability and Action to create the "sweet spot"
  - Measure where your team is now and where you want it to be
- Generate action steps to make it happen.

**13:00 – 14:15**



### [Does fear of being "found out" hold you back? - Margaret Inglesant](#)

If so, you could be a victim of Imposter Syndrome.

We'll explore what 'Imposter Syndrome' is and how you can recognise it. We look at the causes and effects and a 3 Step process that you can practice when you are feeling overwhelmed by it.

**19:00 – 20:00**



### [Re-igniting your career - Rob Cooper](#)

Many people have taken the time during the pandemic to think about their careers and whether they are still 'in the right place'. This workshop will give you the tools and the practical help to review your career and develop plans and strategies for a brighter future!

## Tuesday 18 May 2021

**10:30 – 12:00**



### [Mental health in the coaching space - Bryony Rowntree](#)

As we all have mental health, it follows that mental health is always in the coaching space. However, this may not have always been obvious.

This webinar will provide space for sharing experience and wisdom, learn from each other and apply some new insights and understanding to our practice going forward.

**13:00 – 14:00**



### [Speaking with Impact - Richard McCann](#)

During this masterclass you will be inspired by Richard's legendary and incredibly inspirational presentation plus explore and understand six key strategies that set you apart for face to face or camera presentations.

**14:00 – 16:00**



### [Fresh air - Fresh perspective - Fiona Smith](#)

Have you noticed when you step outside how you often take deeper breaths? How the extra space makes you feel less contained or stressed? How being outdoors can spark your creativity?

We will 'walk the talk', to explore and experience the benefits of coaching outdoors and to consider any challenges to overcome.

## Wednesday 19 May 2021

**10:30 – 11:30**



### [Return Reconnect Rebuild: Future-proofing your workplace culture - Tom Wright and Geoff Ashton](#)

Where would you start in describing your pandemic experience - furlough, home working or schooling, shielding, or attending your normal workplace?

When we return to work we bring this diversity of background. Discover approaches to effect your team's successful return, as you integrate the different experiences of colleagues, and future-proof your post-pandemic workplace culture.

**13:00 – 14:00**



**Are You Sweating the Right Sprouts? Positive coping during challenging times - David Algeo**

Do you:

- find that day to day demands affect well-being?
- feel that negative stress affects your health?
- want to cope more positively with setbacks?

This engaging, interactive and fun session is for you! Come to receive practical, no-nonsense tips and tools to implement in your day to day life.

**14:00 – 17:00**



**Re-Connect, Re-Engage and Re-Ignite Your Team - Julia Felton**

How do you recover from the last year? After a challenging year and remote working, most teams are disconnected and exhausted.

Join me and my herd of horses, in this taster session. we show you how to re-engage, re-ignite and re-connect so that you can get clarity on what's next and move forward with renewed confidence and certainty.

**Thursday 20 May 2021**

**10:30 – 12:00**



**Developing eco-centric leadership - Jeremy Lewis**

Why is leading your organisation's response to the climate crisis so daunting? What practical actions can you implement? And how can you take environmental responsibility to influence and create change in your personal and professional life?

Jeremy sets out the challenges of moving towards eco-centric leadership and how getting a coach is essential to help you on your journey.

**13:00 – 14:00**



**Re-igniting your career - Rob Cooper**

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**19:00 – 20:00**



**The importance of staff wellbeing - Debbie Connors and Phil Marsland**

Post pandemic and the impact on working practices, there is now a very real need and urgency to make staff wellbeing a priority, maybe even a moral obligation. We cover:

- what a simple strategy could look like
- steps towards creating an action plan
- the cost/benefits to your organisation
- the legal implications of doing nothing

**Friday 21 May 2021**

**10:30 – 11:30**



**Business Round Table - Geoff Ashton**

In this invitation only event, local organisations from a range of sectors will have the opportunity to share their experiences and good practice of using internal coaching resources during the pandemic.

**13:00 – 14:00**



**Speak Out! How to make an emotional connection in communication - Duncan Lewis**

Have you ever stopped to wonder why you make a distinction between the personality you show at work and home?

- How authentic are you at communicating the real you?
- Do you always present the best version of yourself?
- How much impact do you make at networking meetings?

Discover how to make that emotional connection by giving yourself the confidence to Speak Out and display more of your complete personality.

## Who we are

Coaching York is a flourishing membership network of local coaches and coaching advocates who want to see our region thrive and prosper.

Through paid-for and pro-bono coaching interventions carried out by experienced, qualified, and accredited coaches we coach individuals, organisations and communities to develop the skills, confidence and belief they need to make positive and sustainable change

We are dedicated to using coaching and mentoring for the benefit the wider community.

Proudly operating as a social enterprise and company limited by guarantee, each coach commits at least ten hours per year of pro-bono time to bring the benefits of coaching to those who would otherwise not have the opportunity

## Join us

Coaches who are qualified or in training plus those with an interest in coaching can join our growing membership and gain access to a vibrant programme of education and professional development.

We are a collaborative, supportive community helping and supporting one another. Members can connect with colleagues, increase their expertise and shape the future growth of Coaching York.

## Contact us

