

... a 2 day programme to introduce transpersonal skills to experienced coaches

In the market-place today, the coach who has a breadth & depth of knowledge and human experience can demonstrably operate above the norm. One significant factor is the ability to apply emotionally intelligent skills. Another is to begin to understand the fundamental dimensions of human experience, both personal and transpersonal. This programme introduces these and other skills to coaches who wish to develop their ability to coach at the leading edge.

The programme aims to allow delegates to:

- ◆ Gain an in-depth knowledge of the application of 'emotional intelligence' to self and to the coaching relationship
- ◆ Evaluate and conceptualise the experience of self-regulation, self-awareness and self-motivation in professional practice
- ◆ Initiate a study of the multiplicity of the personality and its effect on personal and professional performance
- ◆ Foster an understanding of the importance of a stable sense of identity and inner freedom
- ◆ Develop an understanding of the centrality of the 'will' and the importance of motivation, choice, personal responsibility and individual empowerment
- ◆ Introduce a study of the fundamental dimensions of human experience, the personal and the transpersonal, and its application to coaching

**"We don't see things as they are,
we see things as we are"**

Anaïs Nin

Learning outcomes

On successful completion of this programme delegates will be able to, at a threshold level:

- ◆ Apply in an in-depth way the model of emotional intelligence to the coaching relationship
- ◆ Have developed the capacity to work with multiplicity in the personality in a coaching environment
- ◆ Recognise and work with issues of identity and personal will
- ◆ Assess and discriminate their personal issues evoked by the coaching relationship
- ◆ Apply a basic knowledge of the personal and transpersonal dimensions of human experience to coaching



Transpersonal Coaching

THE PROGRAMME LEADERS

DIANA WHITMORE is the President of the Psychosynthesis and Education Trust, which runs university validated professional training programmes. She has been practicing Psychosynthesis for over 28 years, has trained professionals throughout Europe and is the author of two books on the subject. Diana is on the UKCP National Register of Psychotherapists and is a BAC Accredited Supervisor.

HETTY EINZIG is an experienced psychotherapist and has worked with long, medium and short term counselling, therapy and coaching for over 15 years. She trained at the Psychosynthesis and Education Trust and is UKCP registered (United Kingdom Council for Psychotherapy). Hetty has published a number of books and articles, particularly on counselling.

WE HAVE WORKED WITH:

Alliance Unichem
AstraZeneca
Barclays Bank
Boots
Britannia Building Society
Enfield Borough Council
Ernst & Young
Friends Provident
Gazeley Properties
Halfords
HBOS
Iggesund Paperboard
John Lewis Partnership
Lafarge Aggregates
Lloyds TSB
Nando's
National Grid Transco
NHS
Novo Nordisk
Procter & Gamble
Scottish Life
Shoosmiths
Standard Life
Zurich...and others

THE COURSE FEE INCLUDES:

All course materials and refreshments throughout the day.

Please contact us for a booking form:



212 Piccadilly, London W1J 9HG

tel: 0207 917 2863
email: christine@theperformancecoach.com
website: www.theperformancecoach.com

The programme which builds on
the learning of this programme is:
**Advanced Transpersonal
Coaching**