

Being Enough with Damion Wonfor

“Believing that you're enough is what gives you the courage to be authentic, vulnerable and imperfect.” – Brene Brown

Being enough as a coach creates a powerful presence that is steady, open and receptive to the client in each moment. Enoughness creates an innate humanness in the encounter that enables both the client and coach to let go of being perfect, relax and open up to unseen possibilities and potential.

Why is this important? We consistently hear that the main barrier for coaches in utilising creative methods is belief about their coachee's perceived willingness to engage with such techniques. Yet when offering a creative technique if the coach is authentic, present, and steady, their client rarely questions experimenting during the session with a novel approach.

In this CPD session, we will explore how coaches can develop the capacity of being enough, congruent and authentic within their work. This experiential session integrates wisdom and approaches from Eastern and Humanistic Psychology – a Person Centred Approach. It aims to support you to deepen your enoughness, authenticity and congruence within the coaching relationship and use of creative methods within your coaching practice.



This session will be delivered by Damion Wonfor, Founder of Catalyst 14.

He is an experienced Executive Coach, Coach Supervisor, Mindfulness Teacher and Constellator. He has been involved with Executive Coaching and People Development for over 25 years. His focus is on supporting clients to develop a deep sense of presence and impact within their work so they can live meaningful lives. His practice is underpinned by Mindfulness, Humanistic and Eastern psychology and

Embodied Systemic Methods and Constellations.

His full profile can be viewed here - <https://www.catalyst14.co.uk/damion-wonfor>