

An Embodied Systemic Approach to Working Creatively with a Client's Experience of Overwhelm with Damion Wonfor and Nicola Dunn

Since the pandemic, one of the constant themes that coachees bring is a sense of overwhelm within their work and wider life.

Embodied Systemic Coaching offers coaches a modality to work creatively with this theme in a way that fundamentally shifts the client's energy, capacity and resourcefulness.

In this experiential CPD session, you will learn a high-impact way of working with a coaching client that will offer insight into where the coachee is focusing their energy and time and how this meets with their purpose.

This session will be delivered by Damion Wonfor, Founder of Catalyst 14 and Nicola Dunn, Faculty member.



Damion 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>



Nicola trained initially as an integrative and later as a systemic psychotherapist and has been a UKCP registered psychotherapist since 1992. She also studied group and family therapy and has practiced family constellations since 2004. She co-founded the Constellations Academy in 2015 where she runs constellations workshops, teaches students and supervises constellators. She has a busy work portfolio, with clients

primarily in the UK and USA. Her full profile can be viewed here:

<https://www.catalyst14.co.uk/nicola-dunn>