

# Drawing on Experience: Artful Approaches in Your Coaching Practice with Karyn Prentice

**“Every child is an artist; the problem is staying an artist when you grow up” – Pablo Picasso.**

## AN INVITATION TO PLAY!

In this hands-on session we will explore how including artful expression in your coaching sessions can invite a level of inquiry in addition to all that you do already. Sometimes words we use are doorways to such meaning they ask us to truly pay attention to what else sits with and behind them that wants our attention, to not rush off to the next thing, to be mindful to them and ourselves. Sometimes just honouring them in a different and creative way is also an invitation to meet ourselves in new and fresh ways.

It is helpful to try things out first so this session will give you a chance to experiment with different ways you might introduce a simple and colourful practice in coaching to capture a moment during a coaching session - or beyond the coaching session as part of a reflective practice.

The session will be fun, experiential and safe. You will not have to share anything although we will explore the process together.

You will leave having tried out four different creative and simple ways to bring art into the heart of coaching. You will not need any previous experience! Handouts with a description of the practices will be available after the CPD Day.

The list of basic materials to bring with you will be sent out before the 21 June.

‘Creative (human) resources are like natural resources; they’re often buried deep. You have to go looking for them; they’re not just lying around on the surface. You have to create the circumstances where they show themselves.’ Sir Ken Robinson



Karyn is a seasoned coach, supervisor, teacher and writer. She is part of the Catalyst 14 faculty. She Karyn was also an accredited transpersonal psychotherapist for 25 years and in all her works environments has used creative practices as part of exploring and discovering. She is the author of - "Nature's Way, designing the life you want through the lens of Nature and the Five Seasons' (2020) and one of the authors of Supervision de Coeur a Coeur (2023)

Together with Elaine Patterson their partnership of Patterson Prentice Designs they have brought their creativity to the world of leadership and professional practice.