

# The Art of Coaching – Balancing Having Fun with Transformational Conversations with Paul Golding

Deep transformational work can be life changing. However, getting there can be daunting, challenging and require effort. As coaches we can play a role in helping support and resource those we are working with and in this session we will be examining how fun can be a part of that.

We will examine what fun could mean in a coaching context. We will start by reflecting on how each of us relates to fun and how it could be appropriate in coaching (and when it is not). We will then explore different ways to bring it into coaching conversations. Finally, we will examine how we can role model lightness and fun, and how to help our coachees learn and take it away for themselves.

While this will not be a session on how to be a stand-up comic or even how to tell jokes, it will be interactive, experiential and discursive. The session will help you explore how and when you may bring a sense of fun to your practice – and the impact it could have to transform your conversations.



Paul is a member of the Catalyst14 Faculty who enjoys continually aiming for the right balance between having fun and enabling transformational work.

Paul is a senior practitioner with the EMCC, holds an advanced diploma in Coaching and is Hogan and Spotlight accredited. He is a fellow of the ICAEW.

He has over 20 years experience with one of the “big 4” as a restructuring professional working with organisations in distress and as an internal executive coach. In the last 5 years he has worked with coaching clients in the private, public and charity sectors.