

# “Our Humanity@Work” - Drawing on the 7Cs for Insight, Learning and Change

A Lens for Coaching, Coaching Supervision and Executive Reflection with Karyn Prentice and Elaine Patterson

‘The most exciting breakthroughs of the 21<sup>st</sup> century will not occur because of technology, but because of an expanding concept of what it means to be human.’

John Naisbitt

## Your Invitation

We are people doing people work in the people business. And we are all human. This means that we need to connect with ourselves - and with our clients - from the place of our shared humanity to find the sweet spot for making change happen. As we lean into today’s questions and challenges our traditional trainings, tools and processes are sufficient but are no longer enough if we are to support and resource sustainable learning and change.

The 7Cs has been designed as a completely invitational and flexible lens to accompany you and your work with your clients to move beyond our known tools and techniques to reach the often shy and hidden capacities were all born with (but which might have got overlooked, devalued or underused in our fraught lives) to reveal what is wanting to emerge.

The good news is that the 7Cs can be adapted by the practitioner to suit any situation and can be offered in the domains of personal and professional change as well as with groups, teams, and communities. The 7Cs is also now part of the EMCC pack of resources for individual accreditation. Chapters on working with the 7Cs have been published in ‘Creating the Reflective Habit’ edited by Michelle Lucas and in “Superviser de Coeur a Coeur: Guide pour Superviseurs, Coaches, et Accompagnants” by Anne Berthelin, Agathe Potel, Jean-Francois Thiriet, Elaine Patterson, Karyn Prentice and Pascale Venara. An article on rolling out the 7Cs in Guys Hospital has also been published in ‘Coaching@Work’.

## Our Design

This is a hands-on, fun and experimental session where you can explore a question you are holding through the lens of each of the 7Cs – and by using a range of reflective, journaling and art-based practices and conversation which we will guide you then – which you can then offer to your clients.

Bring your coloured pens and journals! You will receive the slides, a short workbook, and a self-assessment tool as part of the post workshop materials.

## About Karyn and Elaine

Elaine Patterson and Karyn Prentice are from the award winning PattersonPrenticeDesigns. Both are international Executive Coaches and Coaching Supervisors, Authors, and lifelong Creatives. Karyn is also a member of Catalyst 14's Faculty.

Their work is born in the temenos of their rich creative partnership. Their work is grounded in the philosophy of their books "Reflect to Create! The Dance of Reflection for Creative Leadership, Professional Practice and Supervision" and "Homecomings ~ 52 Ways Back to Ourselves" by Elaine and "Nature's Way - Designing the Life You Want Through the Lens of Nature and the Five Seasons" by Karyn and in their learning from co-designing their highly successful EMCC Accredited Level 5 Practitioner Diploma Programme "Cultivating and Choreographing the Rich Tapestry of your Wholehearted Creativity" and their new programme "Bridging the Unknown: From Role Work to Soul Calling in Later Life". They also both contributed chapters in 'Full Spectrum Supervision' which was edited by Edna Murdoch and Jackie Arnold as well as 'Supervision de Coeur a Coeur: Guide for Superviseurs, Coachs and Accompagnants'. Their Retreats in the beautiful Tofte Manor in the UK before COVID were acclaimed. Their new Workbook 'Creativity's Compass Rose: 8 Ways to Awaken your Creativity' is just out with two other books based on their programmes marinating in the wings!



.. because as Victor Havel reminded us .....

'Salvation of this human world lies nowhere else than in the human heart – in the human power to reflect, in human meekness and human responsibility'