

Beyond the Personal – A Transpersonal approach to coaching Purpose and Meaning with Damion Wonfor

“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.” – Viktor Frankl

Meaning and purpose are deeply woven into the fabric of what it means to be human and are recognised as a core human need that is essential for psychological and emotional wellbeing. Our clients often come to coaching wanting to discuss more transactional topics, and yet underneath they are often seeking to improve the quality of their life and asking themselves more existential questions. This heart longing often comes from:

- A sense of unsatisfactoriness with their current career.
- A significant personal event such as a divorce.
- An unexpected situation in their career, for example, redundancy.
- An important birthday, transitioning into a new decade of life – ‘Ages and Stages.’

In some ways, they could be described as ‘home sick,’ unable to satisfy their deeper needs as they are not currently fulfilling an inner longing to live with a deeper sense of meaning and purpose.

This experiential CPD session will draw on the modality of Transpersonal Coaching, a holistic orientation that transcends the personal self and connects with the broader dimensions of human existence. This coaching approach integrates the psychological and spiritual to foster personal and professional growth.

You will be introduced to the core principles of transpersonal coaching and experience tools and techniques to deepen self-awareness about your own Purpose and Meaning as a coach. Critically, you will learn actionable strategies for holding coaching conversations with clients on living a more meaningful and purpose driven life.



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 purpose 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>