

Co-creating Human to Human Coaching Conversations with Sandra Goddard

In this CPD session, we explore the meaning of working in partnership co-creatively with our clients drawing upon key principles underpinning Co-creative Transactional Analysis. Using this lens, how we as coaches can develop our capacity, to foster, work within and model a co-created space as we accompany coachees on their journeying.

Why is this important? There is increasing dialogue, research and questioning within coaching (and also therapeutic settings) of how much of ourselves (our humanness) we bring and share within coaching relationships and conversations. In what ways does this develop the meaning of working 'co-creatively'? As we mature as a coach from 'doing' to 'being' – what might this mean personally for ourselves as coach in applying Self as Instrument? (Note that this is not about qualifications/accreditations).

The intent is to:

- draw upon key principles within Co-Creative Transactional Analysis
- 'play' and experiment with other TA concepts and frameworks that can support a co-creative context – or potentially act as an 'interference'
- offer how these can integrate with coaching frameworks and tools
- explore how this may serve in further deepening your authenticity, autonomy and ethics as coaches.

This is an experiential session inviting your personal 'in the moment' reflections (Schon) and impact for you as a coach. Through self-reflection exercises, paired and/or small group work, it aims to provide you space to look at what this means for you - how you can weave your deepened awareness into your co-creative work with clients.



Sandra is a partner at Catalyst 14 and a Chartered Coaching Psychologist. An experienced Executive and Team Coach, Coach Supervisor and Coach Trainer. As a Partner and Faculty member within Catalyst 14, she leads the coach accreditation process (EMCC; ILM) and in supporting programme participants through this in consolidating their learning journey. Her interest in TA started in 2002, when as an internal coach, this formed an integral part of her work with individuals and teams and this has gained traction ever since. Sandra blends her use of TA with other creative approaches to help coaches, supervisees and coachees explore beneath the surface. Her focus is in supporting clients to develop their sense of autonomy (owned personal 'okayness') for positive impact in their lives – professional and personal.

Her full profile can be viewed here: <https://www.catalyst14.co.uk/sandra-goddard>