

# Finding your inner ground when coaching in an age of disruption, chaos and instability with Damion Wonfor and Astrid Korin

*"If you put a spoonful of salt in a cup of water it tastes very salty. If you put a spoonful of salt in a lake of fresh water the taste is still pure and clear."* Jack Kornfield

We are living and coaching in a time of profound disruption, rapid technological shifts, social polarisation, environmental and global uncertainty and the rapid pace of change is leaving our clients feeling exhausted, overwhelmed and often unmoored.

During this session, we'll explore how our experience - and our clients' experience - of impermanence influences how we show up as coaches. Together, we'll reflect on how, in times of change, our clients and ourselves often seek solid ground even when none can be found. We will inquire into what we bring with us, what we sense through attuning to clients and the wider system and how we and our relational container are being impacted. Most importantly, we will experiment with and practice ways we can find our inner ground as coaches and reconnect with our presence, values and purpose amid disruption, chaos and instability.

This session will be delivered by Damion Wonfor, Founder of Catalyst 14 and Astrid Korin, Faculty member.



Damion 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 impact within their work 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>



Astrid Korin is an experienced Executive Coach, Mindfulness Practitioner and Leadership Facilitator. She has over 20 years' experience working with senior leaders across sectors and around the world, as a consultant. Her work centres on helping leaders cultivate presence, awareness and self-regulation so they can lead with clarity, courage and compassion. Through *Inside Out Leadership™*, Astrid blends mindfulness, psychology and coaching to help leaders become more attuned to their inner world - how it colours their experience of life and ripples out to those around them. Her full profile can be viewed here: <https://www.catalyst14.co.uk/astrid-korin-coaching-pool>