

## E. Uncertainty in times of disruption with Paul Golding

In this session we will examine uncertainty in times of disruption and how we can support those experiencing it in our work as coaches.

In times of disruption, uncertainty can become a constant companion for leaders, their teams, the organisations and the systems they operate in. It can be the same for those who coach them. In this session we will explore how we can stay grounded and resourceful amid disruption, and how to support coachees to do the same.



Through reflection, conversation and shared inquiry, we will consider the mindsets, capabilities and capacities that enable clarity and presence when the path ahead is unclear. We will deepen our understanding of what it means to coach during times of disruption — cultivating our own sense of steadiness, curiosity and compassion.

Paul is a partner at Catalyst14 and 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 6 years he has worked with coaching clients in the private, public, elite sport and charity sectors. Paul’s full profile can be viewed here: <https://www.catalyst14.co.uk/paul-golding>