

## F. An Embodied Systemic Approach to enable the coachee to find the Diamond within the Disruption with Damion Wonfor and Nicola Dunn

In our current era defined by rapid and unpredictable shifts at many levels of society including the technological revolution, political unrest, economic uncertainty, climate change and war, these experiences of societal disruption create fear, confusion and resistance and more now than ever, our coachees have been bringing these emotions and overwhelm into the coaching session.

However, there is a diamond within the rough, these moments of disruption and adversity can also open the door to a more expanded view that leads to a deeper acceptance, connection with our true self, our purpose and growth. As Rumi said, *"The wound is where the light comes in."*

In this experiential CPD session, you will learn an embodied systemic approach to working with a coaching client's experience of a disruption that will enable them to transform their relationship to this challenge into an opportunity for growth.

This session will be delivered by Damion Wonfor, Founder of Catalyst 14 and Nicola Dunn, 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>



Nicola Dunn is an experienced systemic coach and psychotherapist and has worked with clients for over 25 years. She trained initially as an integrative and later as a systemic psychotherapist and has been a UKCP registered psychotherapist since 1992. She also studied group and family therapy and has practiced family constellations since 2004. She co-founded the Constellations Academy in 2015 where she runs constellations workshops, teaches students and supervises constellators.

She has a busy work portfolio, with clients primarily in the UK and USA. Her full profile can be viewed here - <https://www.catalyst14.co.uk/nicola-dunn>