

Workshop A : The Three Containers- Ingredients for Depth and Breadth and Delight in Coaching

With Karyn Prentice

“Change happens in the crucible of the relationship” – Bill Critchley

When we think about transformational coaching what needs to be present for the coaching to cross the threshold from transactional to an experience that goes deeper, wider and is more dynamic even?

Many approaches and methods can be vehicles for this way of working . There is no one single route. But before these interventions there are three important aspects that will impact every coaching session. These are the three containers for the coaching to flourish, for trust to blossom, imagination to flower, and depth of exploration to root into deep change . Self, Other and the Relationship are the treasure chests that contain the key components to working courageously and in the moment .They are the elements that nurture and encourage us to open into the evolving, emergent and expansive space we experience as transformational work. When we have a sense of coaching in this way both coach and coachee are changed by the experience .

In this session we explore how we can increase our awareness, extend our curiosity and use ourselves as instruments for change and how we can draw upon the web of these rich connections to invite the coaching to step into the numinous magic of intuitive human connection .

We will explore the three containers and how these can support you to tap into a greater use of self and to help the client to do the same . There will time to reflect together and in small groups to unpack these containers in a real and authentic sense for yourself to enrich your coaching conversations



This session will be delivered by Karyn Prentice, coach, coach Supervisor, reflective partner, author and part of the Catalyst teaching team. Her delight is in developing creative approaches and to working in and with Nature. Her book *Nature's Way* (2020) is a testament to both those loves and underpins much of her work . Her current focus is in the field of creative eldering.