

Workshop B: The Space Between: Working the face-to-face Relational Field in Transformational Coaching with Paul Golding

There are moments in coaching conversations that are not about what's happening for the coachee, or for you.

It's the gap between — the pause, the shift in energy, the thing that's present but unspoken. Gestalt practitioners call it the relational field. Martin Buber called it the space of "I-Thou." It is where the whole becomes more than the sum of the parts.

This session is an invitation to get curious about that space.

We'll explore what happens between coach and client in a face-to-face session — the subtle exchanges of energy, attention, and presence that shape (and sometimes limit) the conversation. You'll leave with practical tools for tuning into this field in real time, theory that gives you language for what you may already sense intuitively, and a clearer sense of what you want to do more of — or differently — in your own practice.

We'll work experientially: noticing, practicing, reflecting, and testing ideas with each other in the room. Come ready to be curious about your own edges as a practitioner, not just to collect techniques. Whether you're newer to coaching or years into your practice, this session offers a way to deepen your presence and sharpen your relational awareness.

Come explore the space between. The whole is waiting there.



This session will be delivered by Paul Golding. Paul is a partner at Catalyst14, a senior practitioner with the EMCC, a supervisor, 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 5 years he has worked with coaching clients in the private, public and charity sectors. Paul's full profile can be viewed here: <https://www.catalyst14.co.uk/paul-golding>