

Workshop C: Cultivating your Inner Coach with Damion Wonfor and Astrid Korin

"Compassion is a change agent and is not for the faint hearted. It's active, passionate and warrior like." — Paul Gilbert

As coaches, we can be our own harshest critics. Think about what you bring to supervision: how much of it comes back, in some way, to a sense of falling short of your own expectations? Left unchecked, that inner critic can also become an outer critic, shaping how we listen, what we notice and how we judge our clients. In today's workplace, perfectionism is often a driving force for our clients too so without developing this inner capacity it can be hard for coaches to separate this unconscious material and see what belongs to our clients or their workplace and what is their own.

In this experiential session, we will explore the role of self-compassion in transformational coaching. Through experience, reflection and embodied practices, you will get a felt sense of what it is like to be "in compassion" and coach from that place, so the way we treat ourselves and the way we treat our clients become more congruent. You will leave having met your own inner coach, with simple practices to return to before, during, and after sessions, as well as in your daily life, to continue cultivating your compassionate self.

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>