

Workshop E: Not why, but how with Janey Bell

"There is no such thing as failure only feedback."

Richard Bandler

Sometimes our clients can get caught up in their own story they understand the problem and can explain it fully and even become fixated on analysing why. At that moment we can become curious about what's really happening rather than what is being said about it. We can notice the exact picture, word or moment when they get stuck. The specific instant their voice changes, the image they are seeing right before they freeze. This level of detail is where we can work and ensures we don't get hooked into the circular thinking that is keeping them stuck.

Why does this matter? Sometimes we as coaches can hold back from using a creative or experiential technique with a senior or overly analytical coachee for fear they will doubt our credibility. In practice, the opposite tends to happen. They appreciate the opportunity to bring a different lens to the issue, even when the method looks a little unconventional.

In this experiential CPD session, you will identify the structure behind a client's story. This draws on Richard Bandler's original NLP work which he pulled together from Gestalt therapy, family systems work and Ericksonian hypnosis. This will give you a new tool for the moments when your coachee says "I'm stuck" and you need something other than another question.

Come with an open mind and an attitude of playfulness.



This session will be delivered by Janey Bell, Partner at Catalyst14. She is an experienced Executive Coach and Coach Supervisor with over 20 years in the field of coaching. She is a Certified NLP trainer and Master Practitioner who is committed to supporting her clients to live to their full potential.

Her full profile can be viewed at www.catalyst14.co.uk/janey-bell