

Workshop F: From pressure to presence: mindful team coaching for stronger team relationships

With Dr Brodie Collins

As team coaches, we often meet teams under pressure: navigating uncertainty, heavy workloads, tight deadlines and rising expectations, while also trying to stay connected, adaptive and effective. When pressure is left unattended, it can give rise to judgemental attitudes, misunderstandings and conflict that weaken connection and collaboration. Conflict may emerge around the task itself, such as priorities, roles, processes or resources, or within relationships, where communication patterns, assumptions and interpersonal tensions begin to shape how the team works together.

A mindful team coaching approach creates space for teams to recognise these tensions and transform their interactions with greater awareness, curiosity and compassion, supporting learning, growth and more constructive ways of working together.

Drawing on doctoral research, this experiential CPD session we will explore what becomes possible when we bring a mindful lens to those moments for strengthening connection and awareness within the team. By slowing down, we can support the team to notice the patterns, assumptions, tensions and relational dynamics shaping how the team thinks, speaks, listens and acts together.



This session will be delivered by Dr Brodie, Partner at Catalyst14. She is an experienced Executive and Team Coach, Mindfulness Advocate, with a Doctorate in Coaching and Mentoring focussing on the impact team coaching has on a team's ability to be mindful. She brings a strong academic foundation and practical expertise to her coaching work, as well as over 20 years of hands-on leadership experience. She has presented her research at Oxford Brookes Business School and Harvard, Boston, USA.