

Working with identity in times of transition using a coaching approach

2 October 2019 - Edinburgh Grosvenor Hotel

Time	Session	Presenter
8.45am - 9.15am	Registration and refreshments	
9.15am - 9.25am	Welcome and introductions	Carolyn Mumby
9.25am - 10.10am	Connection through coaching	David Weaver
10.10am - 10.55am	Coaching and trauma: moving beyond the survival self	Julia Vaughan Smith
10.55am - 11.15am	Refreshment break	
11.15am - 12.00pm	Lessons in transition from refugee work: resilience and resourcefulness in a hostile environment	Emma Brech
12.00pm - 12.45pm	“All the world’s a stage”: helping clients manage and make new meaning of complex roles	Alexandra Piotrowska
12.45pm - 1.45pm	Lunch	
1.45pm - 2.30pm	Executive coaching and identity in the corporate world: in conversation with Sally Brown	Michele Down
2.30pm - 3.15pm	Who am I? Exploring personal identity and how it impacts on your work as a coach-therapist	Rachel Weiss
3.15pm - 3.30pm	Refreshment break	
4.30pm - 4.15pm	Plenary/Q and A Session	All presenters
4.15pm - 4.30pm	Event Close	Carolyn Mumby

** Please note that this programme is subject to change**

Coaching and trauma: moving beyond the survival self

Julia Vaughan Smith

Session aims:

- to raise trauma awareness, what it is, what causes it, how it presents in one to one working
- to introduce the idea of a trauma biography and the splits in the psyche, the work of Professor Franz Ruppert
- to offer a way of thinking about trauma of identity and the survival responses
- to apply this to client work concerning identity challenges

About the presenter:

Julia has been an Executive Coach for over 25 years and a supervisor for 12 years. She worked as an Integrative Executive Coach until 2016. She has also been a qualified Integrative Psychotherapist since 2005, having spent 7 years in training and obtaining an MA in Integrative and Humanistic Psychotherapy. In 2008, Julia did a training as a family systems constellations facilitator, and in 2009 she started working with Professor Franz Ruppert, doing her own personal work and learning about his theory and practice. Julia did a one-year professional programme using his work, led by Vivian Broughton in the UK. She has been working with Franz and his work since 2009, integrating it into her executive coaching practice and she works psychotherapeutically one to one and with groups using the Identity orientated Psycho-Trauma Theory and Practice. Julia supervises practitioners who wish to enhance their practice. Her book Coaching and Trauma is being published by McGraw-Hill/Open University Press in August of this year.

Lessons in transition from refugee work: resilience and resourcefulness in a hostile environment

Emma Brech

This session outlines how working with refugees can give us important insights into what motivates us in times of transition and uncertainty. Perhaps more than any other group in society, refugees are defined by what they have suffered, lost and been denied. Many refugees have faced the ultimate challenge to their sense of identity: their humanity stripped away in unimaginable acts of persecution and violence.

Yet the refugees we meet in the UK are the ones who have survived, arrived and ready to take on all the challenges of being in a new country: new language, culture, customs, opportunities and very tangible barriers to acceptance and integration. Very often, with the right support and recognition, refugees make creative use of this liminal space, using a kind of post-traumatic resilience to connect with others, challenge assumptions and transform lives.

In this session, we will explore how this happens, what we can learn from it within our own practice and how we might even reach out to refugees as potential clients and practitioners in the making, willing and able to make valuable contributions to the work of therapy and coaching in the UK.

About the presenter:

Emma has 15 years of working with refugees and asylum seekers with community and educational settings. This includes direct delivery (ESOL teaching, community development, schools work, counselling & psychotherapy), alongside programme design and implementation in areas relating to mental health, refugee integration, employment and training for professionals (national projects with a value up to £4mill). Emma currently oversees design and development of all new services for the Refugee Council and is leading on their strategic mental health work as well as our national training for professionals.

“All the world’s a stage”: helping clients manage and make new meaning of complex roles

Alexandra Piotrowska

We create our own identity by taking up many roles in our lives. The aim of this session is to introduce you to Roles Concepts theory, developed by a German psychotherapist, analyst and organisational consultant, Bernd Schmid. He recognises that all people are part of multiple systems within family, community and culture and each requires a different role.

Not understanding one’s own role is the root cause of all issues brought to coaching - and by differentiating, clarifying, understanding and fully inhabiting a role is the resolution of these issues. Growth happens when people make new meaning of their roles within these various systems, understanding that systems both support and constrain us.

Alexandra will share with you the simple yet profound tool for raising awareness and creation of a more autonomous approach to our own lives and place in the wider world, be it in an organisation, a family or in society. In the workshop the process will be co-creative, and as far as possible incorporate the practices of a coach in order that you can explore the usefulness of the methodology for themselves.

About the presenter:

Alexandra graduated with MSc in Pedagogics from University of Lublin in Poland. She has trained in Transactional Analysis at Metanoia and studied Systemic Constellations with ISCA. Alexandra hold TSTA (Transactional Analysis Teaching and Supervision) in both Psychotherapy and Counselling. In her work, she recognises that all people are part of multiple systems within family, community and culture. Since attending training with the originator Bernd Schmid, Alexandra has been using role concepts in her practice with clients who need to overcome the stress of transition into new role by consciously developing own roles or being thrown into in by circumstances and adapting to it.

Executive coaching and identity in the corporate world: in conversation with Sally Brown

Michele Down

Through conversation with Sally Brown (Deputy Chair of BACP Coaching, journalist and therapeutic coach), this session will share how therapeutic coaching can support executives to survive and thrive as they struggle to find meaning, purpose and identity in the highly pressured, constantly changing landscapes of their corporate worlds.

About the presenter:

Michele has twenty-one years' experience working in the corporate world where she provides one-to-one coaching, group coaching, team coaching and facilitate change. Michele also has fifteen years' experience building and running organisations. She was a counsellor & supervisor in private practice & at The Royal College for the Blind, ran counselling programmes at an FE college, have been an executive coach, facilitator and trainer for twenty-one years and is a qualified teacher.

Who am I? Exploring personal identity and how it impacts on your work as a coach-therapist

Rachel Weiss

In this session, Rachel will facilitate your exploration of your own multi-faceted identities, so that you become more grounded in your own identities and connect to others who bring difference in terms of culture, understanding, viewpoint, values and beliefs

Rachel will also give a brief input on her own mixed and changing identities (White or Black or Both, English or Scottish or British, Leave vs Remain, Catholic vs Jewish, Counsellor vs Coach, state-school vs private school) to stimulate you to consider your own identities, especially those which are fluid and in transition. It will address questions such as 'how does this link to our mixed professional identities as both counsellor and coach?' 'Do we need to choose one identity over the other, or is there a way to exist in the liminal space, embracing and including both or more than one identity?'

About the presenter:

In her 20+ years of practice as a counsellor and then a coach, Rachel has worked with many clients who are wrestling with their identity be it professional identity, marital identity, being a woman leader in a man's world, being an English person in Scotland. Rachel has not advertised herself as specialising in the area of identity but has learnt from her clients and from her own experience.