## Coaching for Change, 11.03.2027, 09:30-16:30, £150

### Lead Facilitator: Mark Adams CPsychol AFISCP (Accred)

*How can I adapt my coaching approach depending on where the client is in their readiness for change?*

*How can I work with 'resistance' if I encounter it?*

As stated by Zeus & Skiffington (2000), *"Coaching is about change and transformation – about the human ability to grow, to alter maladaptive behaviours and to generate new, adaptive and successful actions."* However, not all coaching participants approach coaching from the same place: some may not be considering change; some may be unsure about making changes; others will be ready and motivated to move towards goals.

The session will cover:

- The stages of the change journey.
- Factors that can facilitate or forestall an individual's change journey.
- How we can use knowledge of such factors in (i) our work with clients; (ii) our own professional reflections; (iii) in supervision.
- How we can adapt our approach accordingly.
- How we can draw upon principles and skills of Motivational interviewing (Miller & Rollnick, 2002, 2013) to enhance the likelihood of change occurring.
- Opportunities to apply coaching skills in a real-life helping conversation.
- How we can work with 'resistance' if we encounter it.

To book a place, please visit the APS website:
**www.aspenpsychologyservices.co.uk/book-a-place.html**

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