

CHELSEA COACHING GROUP

INSPIRING HIGH QUALITY COACHING

FEBRUARY 2013

ISSUE NO.11

IN THIS ISSUE

Invitation to next meeting

Meeting / Workshop aims

Last Meeting Recap

Speaker Review

Group Developments



21 February 2013 - Claire Foster
The Heroes Journey

LAST MEETING

At the last meeting on 17 January, the group enjoyed a very interesting presentation on Relationship Coaching from Petra Kreatschman.

SPEAKER REVIEW

A packed room of eager coaches waited attentively to hear what Petra had to say on the subject of relationships and she did not disappoint with the messages she shared at the Chelsea Coaching group meeting on 17 January.

Petra encouraged coaches to write down their three qualities and flaws. She said that having a relationship with oneself is the starting point; individuals need to recognise and understand who they are and be true to themselves.

Petra's overview on romantic relationship sparked much debate particularly in relation to whether opposites attract. The discussions could have continued for most of her session yet Petra was able to touch on other types of relationship: friends, family, and work colleagues and levels of compatibility, giving and receiving and honesty.

An interesting whirlwind tour of relationships and an excellent taster for Petra's forthcoming workshops.

A parting message from Petra: 'Relationships are one of the key areas we coaches look at when engaging with our clients to help them create happier and more fulfilling lives. I am glad I had the opportunity to share my thoughts on the topic with this wonderful peer

Upcoming Meeting

The Chelsea Coaching Group would like to invite you to attend our next meeting.

The Workshop element of this group has been developed to support and inspire Coaches in their personal development

Aims of this workshop

During this workshop Claire will take participants through the stages of the hero's journey as they have been developed by the Ethics Academy for programmes in schools and with adults. The stages will be accompanied by discussion, some exercises, and technology permitting, some film clips.

Introduction

The Ethics Academy aim to help individuals reconnect with motivational forces inside themselves and so reclaim their own lives.

They use the story of the 'hero's journey' together with innovative techniques of delivery, to help children and adults discover their own moral compass, gaining the courage to risk putting trust in others and allowing others to depend on them.

The 'journey' is presented in 10 stages: the ordinary world; hearing the call; refusing the call;

meeting the mentor; crossing the threshold; trials, allies and enemies; facing the darkness; the great ordeal; claiming the prize; and a new level of life.

Facilitator Biography

Claire Foster is the Executive Director of a new charity, the Ethics Academy (www.ethicsacademy.org.uk), which teaches personal development combined with ethics, using the story of the hero's journey. She has her own consultancies The Ethical Dimension (www.ethicaldimension.org), and The Environmental Dimension, working with schools, the public and businesses etc. Claire's background is in theology, moral philosophy and environmental and medical ethics. She has published numerous articles, and edited and written several books, including The ethics of medical research on humans (Cambridge University Press, 2001) and more recently Hero's Journal (Ethics Academy, 2010).

Next Meeting:

Thursday 21 March 2013
Details will be posted on CCG website and in the next newsletter.
www.chelseacoachinggroup.com

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GROUP UPDATES

CCG have decided to start recording group presentations as and when is feasible. This is with the aim to eventually share presentations with coaches who were unable to attend etc.

Information about upcoming events, presentations and speakers are updated on our CCG website.

You can also find copies of current and previous newsletters there too.

GROUP STRUCTURE

The group takes place from 6:30pm - 8:30pm.

6:30pm – 7:00pm: Refreshments and Networking.

7:00pm – 8:30pm: Presentation or Topic.

VENUE

Our venue is bright, clean, comfortable and right in the heart of Chelsea. It is confirmed for the next 6 months. The venue is run by a charity and does not charge but we make a voluntary contribution. It is a condition of hire that we keep the door locked so we encourage members to make every effort to arrive on time to avoid inconvenience and disruption to our speakers.

FEES

We ask for an entrance fee of £5 per session; which goes towards costs for venue, refreshments and guest speakers.



How to find us

New Horizon Centre
Guinness Trust Estate
Cadogan Street
London SW3 2PF

Bus Routes

Buses 19, 22, 137, 452 and C1 go along Sloane Street
Buses 11, 211 and 319 go along the Kings Road
Bus 360 goes along Sloane Avenue and Draycott Terrace

Parking Limited on Street Parking available after 6:30pm

Underground Sloane Square is the nearest tube stop.

STAY IN TOUCH

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