

CHELSEA COACHING GROUP

INSPIRING HIGH QUALITY COACHING

JANUARY 2013

ISSUE NO.10

IN THIS ISSUE

Invitation to next meeting

Meeting / Workshop aims

Last Meeting Recap

Speaker Review

Group Developments



17 January: Petra Kreatschman – Life / Relationship Coach

Clients and Relationships

LAST MEETING

At the last meeting on 21 December, the group enjoyed a festive social gathering.

Speaker review below is from November

SPEAKER REVIEW

Joe Smart delivered a powerful workshop, which reflected his style of coaching: impactful and energising. Before coaches could barely sit down he had participants moving around the room, talking enthusiastically about coaching, unlocking and releasing such power and energy that many jackets and cardys were abandoned as we immersed ourselves into the exercises. We then, quite miraculously experienced real passion for coaching and how these emotions could be used to fully engage with potential clients. Joe shared his personal journey; how he discovered coaching and his belief that everyone would benefit from working with a coach at various points in their lives. Now 'living the dream' Joe has developed a successful coaching business by focusing on two key drivers –energy and passion. We were given the opportunity to create strong anchors for ourselves to then 'fire off' when energy levels dip. He also got us to explore 'the why': Why should somebody hire us as coaches? This got us thinking creatively about what we could positively and genuinely say about ourselves when meeting new people, who could ultimately become our potential clients.

We left the session feeling energised, believing we were experts and that we can, through our energy and passion build a successful business and find and keep those 'raving fan clients'

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

This workshop / presentation will give the group some new ideas for coaching people with all kinds of relationship issues, and possibly some new insights into relationships in general.

Introduction

In this workshop Petra will talk about:

- The importance of relationships to all areas of our lives.
- Insights into different types of relationships: romantic, friendship, work, family.
- What needs we look to satisfy in each type of relationship, and the most common issues.
- How to improve the quality of existing relationships.
- How to attract people with whom we can have more fulfilling relationships.
- How knowing and loving yourself can help you create better relationships with others.

Facilitator Biography

I was born in Croatia and became an expat 5 years ago when I moved to the Middle East for a job, and from there to the UK – for love. I studied business, majored in marketing and worked in the field for about 15 years before realising my real job all that time was the pursuit of happiness – there was nothing more important to me than reinventing my life over and over again and striving to become a better, bigger, happier version of myself. This passion for self-growth eventually led me to coaching – I wanted to use my experience and knowledge to help other people make their lives happier and more fulfilling too. I specialise in relationship coaching.

Petra Kreatschman Life Coach/Relationship Coach phone: 07979454575 email: contact@petralovecoach.com www.petralovecoach.com skype: petralovecoach linkedIn: <http://www.linkedin.com/in/petrazlovic>

Next Meeting:

21 February 2013

Claire Foster

The Hero's Journey

CHELSEA COACHING GROUP

INSPIRING HIGH QUALITY COACHING

JANUARY 2013

ISSUE NO.10

GROUP UPDATES

We would like to wish all group members a Happy New Year. May 2013 bring new experiences, friendships, and lots of success.

Please let the committee know of any Coaching topics you would like to know more about and any skills you would like to further develop in 2013, so we can consider these when planning group workshops.

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

Jacqui Campbell

Founder/Coordinator

07740 997 307

chelseacoachinggroup@yahoo.co.uk

<http://chelseacoachinggroup.yolasite.com/>



KEEP UP WITH US

[linkedin](https://www.linkedin.com)