

CHELSEA COACHING GROUP

INSPIRING HIGH QUALITY COACHING

MAY ISSUE

NO.3

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LAST MEETING

At the April meeting of the CCG we were treated to an interactive workshop style presentation by NLP Practitioner and Stress Coach Ravi Verdi. Ravi introduced the group to some tools, models and techniques to use to help reduce clients stress and move them forward.

SPEAKER REVIEW

Ravi Verdi delivered a highly effective and very informative workshop on Stress Coaching for the Chelsea Coaching Group on 19 April 2012.

Ravi's style was inclusive and patient and she seemed to control the group's energy almost in a magical way. To make a point about stress she would lower the mood and energy of the group and then a split second later the energy would be back and higher than ever!

The group learned some new techniques and models and Ravi was fantastic at really adding value to the group as a whole. Ravi's Stress Coaching workshop is fantastic and we were honored to have her at the group.

The Chelsea Coaching Group aims to be London's leading coaching group and Ravi certainly set the bar high for the following speakers. We look forward to having her back.



17 May, Jeremy Lazarus. Master Practitioner NLP and Author

Speakers

We continue to attract a fantastic lineup of speakers willing to give up their time to educate, inform and develop coaches in Chelsea.

Introduction

The Workshop element of the Chelsea Coaching Group has been developed to support Coaches in their personal development as a Coach and aims to explore different approaches, skills and techniques to use.

Aims of the workshop

In this interactive talk, you will learn how the fundamentals of NLP, the 'Mindset for Success', can be applied when coaching, in a way that will enhance your results as a coach. You will also see and experience at least one NLP technique in action.

Guest Speaker

Master Practitioner NLP and best selling author "The fundamentals of NLP as applied to Coaching".

Jeremy Lazarus to our group.
<http://uk.linkedin.com/pub/jeremy-lazarus/1/185/385> .

Speaker Biography

Jeremy Lazarus is an Executive Coach and High Performance Sports Coach, and a Certified Master Trainer of Neuro Linguistic Programming (NLP). He spent over 15 years in a business career which included senior management and director roles. In 1999 he formed The Lazarus Consultancy Ltd, an NLP training and coaching company specialising in the applications of NLP in business, coaching and sport.

His clients include blue chip companies, SMEs, public sector organisations, elite athletes, professional football and rugby clubs.

He is a guest lecturer at Middlesex University, teaching on undergraduate Sports Psychology courses and on a Masters program. He is the author of Amazon UK's best-selling books 'Ahead of the Game: How to Use Your Mind to Win in Sport', 'Successful NLP: For the Results You Want', and 'The Little NLP Workbook', and has appeared on TV and radio several times.

21st June:
Closed Meeting. Topic: DISC Profiling.
19th July:
Claire Foster-Gilbert. "The Heroes Journey"
<http://www.ethicaldimension.org/UserDocs/CV.pdf>.

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GROUP UPDATES

There will be 11 Coaching group meetings per year. There will not be a group meeting in August due to it being holiday season and December's meeting will be a social gathering; suggested date: 20 December 2012.

June's meeting is a closed meeting, and the session will focus on DISC profiling. Executive Committee member Joseph Smart has offered to run individual DISC profiles for group members, however, will require a contribution of £5 per profile in advance to purchase it.

GROUP STRUCTURE

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

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

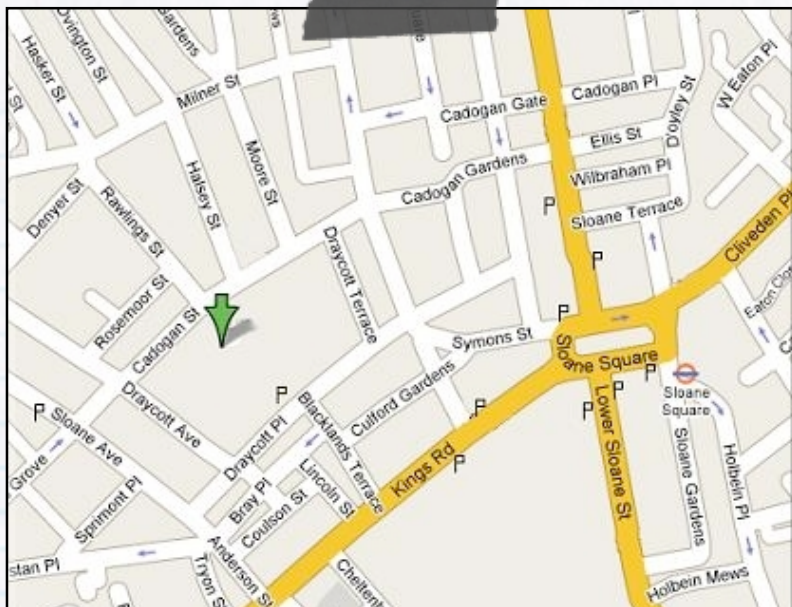
7:00pm – 8:30pm: Presentation or Topic.

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 a contribution of £5 per session; which goes towards costs for venue, refreshments and guest speakers etc.



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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