

CHELSEA COACHING GROUP

INSPIRING HIGH QUALITY COACHING

MAY 2013

ISSUE NO.14

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16 May 2013 – Jeremy Lazarus Advanced Presentation Skills for Coaches

LAST MEETING

At the last meeting in April, the group got very involved in the presentation and discussion on Burnout.

SPEAKER / SESSION REVIEW

Jonathan explained that Burnout is not a diagnosis; it's a term in common currency describing an experience shared by many people.

Burnout sufferers often exhibit a loss of interest and/or exhaustion. Aspects of Burnout can be analysed from the aspect of personal suffering or from the consequent economic losses.

Jonathan proposed that, for coaching clients experiencing burnout, the GROW model needs to be modified.

Burnout sufferers avoid and fear goals. Also 'Options' are manifested as obstacles.

It was suggested it might be helpful to tackle Burnout by:

Using a combination of counseling and coaching, start with a vision and use this to elicit goals, Offer space for self-reflection, investigate causes, Build rapport, tackle trust deficit and establish a safe environment, Align internal and external communications.

Use personality-profiling tools such as DISC and Insights, Nurture creativity and flexibility, Build confidence in one's abilities, Harness faith in oneself. Employee Assistance Programmes and Mindfulness training can also be helpful.

Upcoming Meetings

The Chelsea Coaching Group would like to invite you to attend our upcoming meetings on **09 May** and **16 May**.

09 May at 6:30pm Peer Supervision

Peer Supervision is designed to address real coaching challenges arising from actual coaching sessions. It is a great opportunity to develop your coaching competencies, acquire new tools and techniques, and learn from experience.

*Please note, this session will **not** be held at the New Horizon Centre.*

Address is given when you book.

Please book on Meet Up or contact Chelsea Coaching Group / Jacqui to confirm your place.

16 May at 6:30pm Workshop Introduction

As a coach, being able to present effectively will help you win business, as well as helping you coach clients on their presentation skills. There are a few who are born presenters; the rest of us can learn these skills. In this interactive and practical talk, you will learn:

- How to get into the right state when presenting, instantly
- How to structure a presentation so that it suits any and every audience
- How to use body language appropriately when presenting
- Some tips about handling questions

Facilitator Biography

Jeremy Lazarus is an Executive Coach and a Certified Master Trainer of NLP, and originally trained as an accountant and corporate treasurer. In 1999 he formed The Lazarus Consultancy Ltd, which specialises in the applications of NLP in business, coaching, sport and personal development. His clients include blue chips, SMEs, NHS and elite athletes. He has authored three best-selling books.

Amongst his many other courses, he runs extensive courses on presentation skills.

Contact details: www.thelazarus.com,
Jeremy@thelazarus.com,
020 8349 2929

Future Meetings:

20 June 2013 Rasheed Ogunlaru Soul Trader – Putting the Heart Back into Your Business

Join leading Life / Business Coach and Author: Rasheed Ogunlaru for a practical and inspiring session to help you develop a fulfilling and successful career as a coach by following and utilising your own passion, purpose, talents and path.

www.rasaru.com

18 July 2013 Luan de Burgh

Book early on Meet Up to avoid disappointment!

For more information on the above meetings and speakers please visit our Website and Meet Up.

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GROUP UPDATES

Following a recently recognized need, we have started an additional monthly group called Peer Supervision. Peer Supervision will run alongside our regular monthly CCG Workshops and will take place on the second Thursday of every month. Peer Supervision sessions will take place at members homes. Please contact us for more information.

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

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KEEP UP WITH US
On [linkedin](#) and [Meet up](#)