

CHELSEA COACHING GROUP

INSPIRING HIGH QUALITY COACHING

OCTOBER 2012

ISSUE NO.7

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LAST MEETING

At the last meeting on 20 September we had the opportunity to participate in a 90 minute taster workshop delivered by Krisztina Csizmadia a qualified coach. Krisztina's session was entitled 'Through the Looking Glass'- Systemic Constellation. Based on the work of the German Therapist, Bert Hellinger, systemic constellation is a fascinating way of unblocking 'seemingly unresolvable' issues.

SPEAKER REVIEW

Krisztina started the session by getting everyone in the room to connect by acknowledging each other with nods and smiles. This generated a degree of warmth and set the scene well. Much of the understanding of systemic constellation seemed to be built around the awareness of space, energy, intuition and non-verbal cues. There seemed to be unwritten and unspoken 'rules' around the expectations of roles and the desire to respect one another.

The last exercise involved Krisztina working with a member of the group and their issue. She asked the member to select two volunteers; one to represent her and the other 'the issue' and both were asked to respond silently to questions Krisztina asked. This intervention allowed the member to gain greater insight and clarity over the situation through a process of dissociation.

This was a highly participative workshop and Krisztina managed the exercises with ease and responded to the many questions in a professional manner.

This taster session certainly gave me, as the reviewer the *appetite* to find out a little more about systemic constellation and its wider application.



18 October: Dimitrina Petrova
The Power of Managing Energy

Introduction

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

The Workshop element of the 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 this workshop

This workshop aims to explore the power of managing energy.

Introduction

'The power of managing energy' I have always been deeply in love with this beautiful gift called life, and I truly hate seeing it wasted. Because what matters at the end is not the number of the days we had behind us, but the quality of these days - how fully we lived and loved.

It is that simple, and still we have difficulty internalizing it. The world around us is hectic - we feel stressed, tired, deprived of sleep, bored. Clinical depression has grown nearly ten times in Western countries despite abundant healthcare, education and science. We are more reactive than proactive. We talk about productivity and efficiency, running obsessively with diaries and calendars. 'If only I had another hour', we often say.

need, it is **energy**. Energy is the most precious resource that we have. Energy, in all four interconnected dimensions: physical, emotional, mental and spiritual. And the route to high performance, happiness, fulfillment, is through the strategic management of this energy. Who wants to live a vibrant, engaged life?

Facilitator Biography

Dimitrina Petrova has a background in both Psychology and Finance. As a qualified management accountant (ACMA) she has been working for large corporations within the financial service sector for over 11 years. As a Psychologist with Master degrees in two specialities - Social Psychology and Organisational Psychology she has chosen to continue her development in exploring human potential via Coaching and NLP. She is a restless learner in the fields of psychology and neuroscience and her current focus is on helping people to achieve an internal positive change by increasing their energy, enthusiasm and engagement in every area of life. Via her company, Motive 4 Action, she wants to reach to people who are not afraid to dream big and make a difference in the world.

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GROUP UPDATES

The Chelsea Coaching Group is now on Meet Up. We look forward to expanding the group and welcoming new members.

Over the coming weeks we will be planning the Christmas celebration group; please let us know of any ideas you have for 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 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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