

COACHING CONFERENCE 2019

**Achieving Mental Toughness:
Well-being, Resilience and Team Coaching**

Friday 18 October 2019



Henley
Business School

UNIVERSITY OF READING

Where business comes to life

Coaching Conference 2019

Over 11 million days are lost each year in the UK because of stress at work. The pace of work is rising; 24/7 engagement is the new norm thanks to smart technology and the rise of the global workplace. What can coaches do to help themselves, organisations and individuals feel better and perform at their best?

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Henley Business School
Greenlands
Henley-on-Thames
Oxfordshire. RG9 3AU

Fees: £175 + VAT

10% discount for Henley alumni and current students

To book visit:

hly.ac/coaching-conf-19

[#CoachingatHenley](https://twitter.com/CoachingatHenley)

This year's Coaching Conference offers you the opportunity to continue your CPD journey, with a focus on looking after yourself, both mentally and physically.

The programme draws on well-being, mindfulness, resilience and team coaching with our speakers each bringing different perspectives on coaching from their practice and research. There will be sessions from Mark McMordie, author and coach; Emma Donaldson-Feilder, award-winning psychologist; and Ole Petter Anfinssen, executive, entrepreneur and business professional.

In addition, we have keynote speeches from Clive Mann and from Professor Bob Garvey.

“ *An excellent opportunity to explore new ideas, learn and be number one for our clients* ”

Participant at the Coaching Conference 2018

Keynote speakers

Clive Mann



Clive has been coaching senior leaders and teams for over 15 years. Prior to this he was a trusted corporate finance adviser to public company boards in the professional and financial services sector. An award-winning writer, Clive has written six editions of the industry-leading Ridler Report. He has an MBA (London Business School), an MSc in Integrative Psychotherapy and is currently engaged in doctoral research at the Tavistock Clinic.

The Corporate Coaching Market: How to Survive and Thrive

Are you a coach looking to expand your corporate work or a manager responsible for commissioning coaching in your organisation? Do you understand the trends in the market and how they impact on you?

This session will explain when and why organisations require coaching services, the qualities they value and, crucially, their market price. You will discover what guides the choice between engaging an internal or external provider, and an independent professional or coaching collective.

You will also learn about chemistry meetings and preferred supplier lists, from both sides of the table, and how virtual coaching and other technologies are changing the face of the sector.

Professor Bob Garvey



Bob is a leading academic practitioner of coaching and mentoring, with extensive experience across multiple social and economic sectors. He is a founding member of the European Mentoring and Coaching Council (EMCC), an honorary member of the International Mentoring Association and honorary president of Coaching York. In 2014 he achieved a lifetime achievement award and EMCC's mentor award. Bob is in high demand as an engaging and challenging keynote speaker.

A Working Life of Quality: The Role of Coaching in Well-being at Work

Many people are asking 'How can I be myself at work?' If people are not themselves at work, what are they? If they are something else, this can lead to both physical and psychological problems.

Well-being is an issue of quality. However, within the coaching world at least, quality may be seen in terms of standards, ethical codes and competency frameworks. What might be the alternative to this approach? This keynote explores Oliver's (2006) concept of 'purposive drift', where, Oliver suggests that coaches should be clear about purpose and open about what might turn up as we go along. In essence, Oliver believes that a 'sense of well-being' is a compass point around which people can perform at work. Purposive drift is a relationship between values, competencies and context.

For information on the parallel session speakers please see the back page.

Agenda

09:00	Registration		
09:30	Welcome and introduction – <i>Dr Jonathan Passmore</i>		
09:40	Mindfulness session (Part 1) <i>Mark McMordie</i>		
09:45	Keynote – The Corporate Coaching Market: How to Survive and Thrive <i>Clive Mann</i>		
10:30	Refreshment break		
11:15	Parallel practice sessions – <i>please choose one of the following:</i>		
	Team Coaching Eight Principles for Truly Adaptable Teams <i>David Webster</i>	Resilience and Well-being Self-care as CPD <i>Dr Emma Donaldson-Feilder</i>	Student Coaching Research Opportunity for Coaching Students to Share their Research Six 15-minute slots
12:45-14:00	Lunch and exhibition		
13:15-13:35	Mindfulness session (Part 2) – <i>optional</i> <i>Mark McMordie</i>		
14:00	Parallel practice sessions – <i>please choose one of the following:</i>		
	Team Coaching The 'Why, What and How' of Team Coaching <i>Paul Barbour and Lucy Widdowson</i>	Resilience and Well-being Creating Sustainable High-performance Leadership: The Role of Resilience <i>Ole Petter Anfinssen</i>	Innovation The Transformative Power of Feeling Safe: Mindfulness and Psychological Safety in Coaching <i>Mark McMordie</i>
15:30	Refreshment break		
16:15	Keynote – A Working Life of Quality: The Role of Coaching in Well-being at Work <i>Professor Bob Garvey</i>		
17:00	The Henley Centre for Coaching Awards		
17:15	Refreshment break and guest departures – <i>optional</i>		
17:30	Research Masterclass: Publishing Your Research – <i>optional</i> <i>Dr Jonathan Passmore and Dr Rebecca Jones</i>		
18:30	Close and final guest departures		

Speakers



David Webster

David is a chartered occupational and coaching psychologist who has been coaching senior leaders and teams and developing business performance coaches since 1997.

David served two years as Chair of the British Psychological Society's Coaching Psychology Group. In 2003 he established the Centre for Teams, which enables exceptional performance by helping clients to build learning organisations, create truly adaptable teams and develop transformational leaders.



Lucy Widdowson

Lucy is Director of Performance Edge Partners Ltd, an accredited coach and global team-coaching thought leader. Having led award-winning teams, she developed 'Creating the Team Edge', which is a unique framework proven to accelerate performance.

Lucy is a graduate of the Henley MSc in Coaching & Behavioural Change and a key contributor to International Coach Federation global research on team coaching competencies. She is co-authoring a team coaching book with Paul Barbour.

Dr Emma Donaldson-Feilder



Emma is a registered occupational and coaching psychologist. She is Director of both Affinity Health at Work, and Affinity Coaching and Supervision.

Emma aims to enhance leadership and people management and improve employee well-being. She engages in active research, putting it to practical use in her coaching, supervision and consultancy with a range of organisations. Emma is also involved in public policy, writing and presenting on health and work issues.

Paul Barbour



Paul is an executive and team coach. His interest in team psychology stems from his 20-year senior leadership role at global ingredients business Kerry & Group PLC. A Henley MSc in Coaching and Behavioural Change graduate, Paul won Best Newcomer to Personal Construct Psychology (European Personal Construct Association).

Paul is a writer and speaker in conflict resolution and human needs. He is co-authoring a book with Lucy Widdowson on team coaching.

Ole Petter Anfinen



Ole Petter is an experienced business professional with a passion for health, performance, and personal and leadership development. He combines his expertise with a deep understanding of physiological and psychological well-being. With over 17 years of executive experience across several sectors, Ole Petter is engaged in a DBA in executive health and performance at Henley, under the supervision of Dr Caroline Rook and Professor Andrew Kakabadse.

Mark McMordie



Mark is co-author of Mindfulness for Coaches and CEO of The Conscious Leader. An ICF certified coach, Mark works with leaders to build agile organisations that thrive in a VUCA world. Informed by vertical leadership development, Mark supports inclusive, enquiry-based leadership for organisational transformation. Trained at Bangor University's Centre for Mindfulness Research and Practice, Mark has delivered mindfulness-based emotional intelligence training to organisations including Nike, The Telegraph and Lloyds Banking Group.

Dr Jonathan Passmore



Jonathan is Director of the Henley Centre for Coaching and Programme Director of both the Henley Professional Certificate in Coaching and the Henley Professional Certificate in Supervision. He is a chartered psychologist with five degrees who has coached for IBM Business Consulting, PwC and cabinet ministers. Jonathan is widely published and has spoken at numerous events. He is currently completing an eight-volume series on industrial and organisational psychology for Wiley.

Dr Rebecca Jones



Rebecca is Associate Professor in Coaching and Programme Director for Henley's MSc in Coaching & Behavioural Change. She has a BSc (hons) in Psychology, an MSc in Occupational Psychology and completed her PhD on coaching effectiveness in 2016. Her interests lie in quantitative research for the efficacy of coaching and its influencing factors. Passionate about evidence-based practice, she incorporates her research into her teaching at the Henley Centre for Coaching.

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