

COACHING
CONFERENCE 2018
EXECUTIVE EDUCATION

Coaching for elite performance

Thursday 21 June 2018



Where business comes to life

Coaching Conference 2018

Does life emulate sport, or sport emulate life? In the case of **elite performance** both are true.

Thursday 21 June 2018

Location

Henley Business School,
Greenlands, Henley-on-Thames,
Oxon. RG9 3AU

Fees: £250 + VAT

10% discount for Henley alumni and current students

To book visit:

<http://hly.ac/coaching-conf>

“*Brilliant, inspiring, thought provoking, holistic, great connections!*”

Participant at the Coaching Conference 2017

At this year's Conference we will draw parallels and observe differences between elite sports coaching and business coaching. Both aim to optimise the performance of the individual – but their contexts require a range of approaches, tools and styles. And each can learn from the other.

Our keynote speakers coach for elite performance in the arena of disability sport - we will get a first-hand insight into the unique challenges of coaching to compete against the world's best – and how this has moulded the coach's behaviours in response to those challenges. The speakers present both the coach's and the athlete's viewpoints as they explore together how to engender key business qualities of resilience and ability to successfully manage pressure, whilst executing objectives and delivering performance.

The mind-body connection in performing is strong, and we bring a deeper understanding of their relationship, which will help you to help your clients to manage stress levels, build resistance and reach full performance potential. The conference also brings you the chance to engage with some of the darker forces at work in performance, and proposes some practical tools for your personal coaching practice to overcome them. And then you need to look after yourself. Coaches frequently become coaches in order to look after others – but here you will have an opportunity to take stock of your well-being, identify the tell-tale signs of well-being depletion, and find out how to take care of yourself as a coaching professional.

Headline speakers



David Clutterbuck

David is one of the early pioneers of developmental coaching and mentoring and co-founder of the European Mentoring & Coaching Council. Author of more than 65 books, including the first evidence based titles on coaching culture and team coaching, he is visiting professor at three business schools. He leads a global network of specialist mentoring and coaching consultants, Coaching and Mentoring International.



Jon Whittingham

Jon has a wealth of experience from his involvement within disability football over the last 10 years, from working in international settings with England squads through to various talent programmes and into grassroots initiatives. Currently the Programme Lead for Sports Business and Coaching at UCFB, Jon combines his duties at the University with delivering on several coach education courses for the FA alongside his disability work.



Keith Antoine

Keith has a corporate background as a shift leader and project manager. He shifted into people development while advancing his athletics and coaching career in Track & Field athletics during the '80s. Appointed as the youngest GB National Coach on the Olympic programme in 1990, he moved to an equivalent role on the Paralympic programme in 2000.

Using the same principles from athletics his interventions in business range from executive coaching, coaching skill development workshops to keynote presentations

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

Agenda

9.00	<i>Registration</i>	
9.30–9.35	Welcome and introduction	
9.35–10.00	Opening address: Coach Maturity — the challenges for individuals and the profession <i>David Clutterbuck</i>	
10.00–10.30	Keynote: English football's best kept secret <i>Jon Whittingham</i>	
10.30–11.00	<i>Coffee break</i>	
11.00–12.30	Parallel presentations – Session 1*	
	Option 1 Wellbeing stream Looking after yourself as a coach <i>Professor Sarah Corrie</i>	Option 2 Business stream What executives really want in choosing a coach <i>Brian Underhill</i>
12.30–13.30	<i>Networking lunch and Exhibition area</i>	
13.30–15.00	Parallel presentations – Session 2*	
	Option 1 Wellbeing stream Coaching from a body perspective - If your body could speak what would it say <i>Helen-Jane Ridgeway</i>	Option 2 Business stream Coaching on the 'dark side'; working with psychopaths and narcissists in business <i>Dr Holly Andrews</i>
15.00–15.30	<i>Break</i>	
15.30–15.45	The Henley Centre of Coaching Awards	
15.45–16.30	Keynote: Elite Coaching from both sides <i>Keith Antoine</i>	
16.30	<i>Final words and close</i>	

***Parallel presentations:** Delegates may attend two of the four options outlined above (one option in each session).

Speakers

Parallel Presentations - Session 1



Prof Sarah Corrie

Professor Sarah Corrie is a Coaching Psychologist and Consultant Clinical Psychologist. She is a Founder Member and former Chair of the British Psychological Society's Special Interest Group in Coaching Psychology, and in 2016 was the recipient of the Society's Achievement Award for Distinguished Contributions to Coaching Psychology. Sarah has particular expertise in emotional well-being and mental health and has extensive experience in both the public and private sector, working as a coach and as a therapist. Sarah is the author of seven books including, *The Art of Inspired Living: Coach Yourself with Positive Psychology*.



Brian Underhill

Brian O. Underhill, Ph.D., PCC, is the Founder and CEO of CoachSource, the world's largest executive coaching firm, and previously spent 10 years managing executive coaching operations for Marshall Goldsmith. Brian is an internationally sought-after speaker, having spoken at EMCC, ICF, The Conference Board, SCP, ODN, SHRM, ATD and other industry events. He is also the co-author of *Executive Coaching for Results: The Definitive Guide to Developing Organisational Leaders*.

Parallel Presentations - Session 2



Helen-Jane Ridgeway

Helen-Jane Ridgeway is a UKCP registered Integrative Psychotherapist, a Certified Sensorimotor Psychotherapist (specialising in working with trauma), Coach, Consultant and Supervisor, a body worker, movement innovator, choreographer and Breath-Body-Mind Trainer. Helen-Jane is a lecturer, trainer, supervisor & workshop facilitator for counselling, psychotherapy & coaching students at various institutes. She is the director of 'Phoenix Lifeskills Ltd' an organisation providing consultancy & in-house trainings for organisations, companies & training organisations. She is also the co-founder of 'Coaching with the Body in Mind' offering trainings in a body-focused & mindfulness based approach to coaching.



Dr Holly Andrews

Dr Holly Andrews is a senior lecturer at Worcester Business School teaching undergraduate and postgraduate HR courses. Holly is an accredited coach and her particular interest is in the 'dark side' of people at work, focusing on psychopathy in the workplace. Holly has completed a PhD on this subject, written for trade journals, spoken at industry conferences, been featured in the London Evening Standard and appeared on the BBC Radio 2 Jeremy Vine Show talking about workplace psychopaths.

Henley Business School

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