



Sharing Circle

Date:

Jul 31, 2020 10:30 - 12:30

Description:

Join Clare Norman to experience a Sharing Circle or Holding Space, a form of group coaching. In this space, we share what is going on for us right now as a way of re-resourcing ourselves so that we can better resource our coaching clients and team members.

This will be an unhurried and uninterrupted space and time. It's like taking a drink of water when we didn't really know we were thirsty.

Content:

Now isn't the time to pretend we don't feel. Instead we need to turn towards feelings and open up spaces where we can talk about what we're experiencing, what sense we make of it and what it's bringing up for us. Our emotions have been up, down, round and round during the fires in Australia, the pandemic and the more recent racial tensions. We will explore questions such as:

- What are you thinking about / what's on your mind right now?
- How are you feeling about that?
- What do you want or need?
- What might you be inclined to do about it, if anything?

There will be a maximum of ten people on the call, and we will hold the space for 75-90 minutes.

TRAINING DETAILS

Course Ref:
CP/20/547

Closing Date:
28/07/2020

Related Courses:

- [Using multiple intelligences to tap into new thinking](#)
- [Forward to Normal: resetting team culture for a richer future](#)
- [Resilience Webinars](#)

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£25

Non-Member Organisations
£35

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