

“Coach Me Happy”- A Healthy Approach to Coaching Regional Coaching Conference

5 February 2019, Duxford Airspace Conference Centre

AGENDA

Time	Item
09.00	Registration and refreshments
09.30	<p>Welcome and Introductions</p> <ul style="list-style-type: none"> • Cecilia Tredget, Managing Director, East of England LGA and • Rita Symons, Knowledge Exchange Director, EMCC UK
09.40	<p>EMCC - The Importance of Belonging and Professional Development Rita Symons, Knowledge Exchange Director, EMCC UK</p>
09.55	<p>KEYNOTE SPEAKER: The Paradox of Happiness - A Quantum Approach to Healthy Coaching Anthony Eldridge-Rogers, CEO, FRC Worldwide</p> <p><i>Followed by question and answer session</i></p>
11.00	Refreshments and Networking
11.20	<p>SESSION 1: Workshop / Masterclass Delegates will be asked to sign up to the sessions on the day during registration</p> <ul style="list-style-type: none"> • WORKSHOP: From Hopeless to Powerful: Thinking About Personal Agency and Self Determination Theory in Coaching Rita Symons, Managing Director, Enhance Coaching and Consultancy • MASTERCLASS: Become Skilled at Meaning-Centred Coaching Anthony Eldridge-Rogers, CEO, FRC Worldwide • MASTERCLASS: (repeated in Session 2) Enjoy Getting Your Clients Unstuck With The Unsticker Peter Freeth, Director, Genius • MASTERCLASS: (repeated in Session 2) Maternity Coaching: Empowering and Retaining Parents in the Workplace Michelle Gant, Director, The Engaging People Company and Sally Gregory, Staff Development Officer, University of East Anglia • WORKSHOP: (repeated in Session 2) What is Different about Cancer? Supporting Patients and Their Care-Givers Dr Carolina Valiente, Coach, Your Choice Coach
12.35	Lunch and Networking

13.25	<p>SESSION 2: Workshop / Masterclass Delegates will be asked to sign up to the sessions on the day during registration</p> <ul style="list-style-type: none"> • WORKSHOP: Coaching Managers for Mental Health: How Kindness Drives Business Performance David Beeney, Founder, Breaking the Silence Ltd • MASTERCLASS: The Mindful Coach Belinda Coaten, Director, Belinda Coaten Ltd • MASTERCLASS: (repeat of Session 1) Enjoy Getting Your Clients Unstuck With The Unsticker Peter Freeth, Director, Genius • MASTERCLASS: (repeat of Session 1) Maternity Coaching: Empowering and Retaining Parents in the Workplace Michelle Gant, Director, The Engaging People Company and Sally Gregory, Staff Development Officer, University of East Anglia • WORKSHOP: (repeat of Session 1) What is Different about Cancer? Supporting Patients and Their Care-Givers Dr Carolina Valiente, Coach, Your Choice Coach
14.40	Comfort Break
14.50	<p>KEYNOTE SPEAKER: Living With and Beyond Cancer in the Workplace – A Key Role for Internal and External Coaches Dr Andrew Parsons, Director, Reciprocal Minds Limited and Associate Working with Cancer</p> <p><i>Followed by a question and answer session</i></p>
15.50	<p>Summary, Thanks and Closing Remarks</p> <ul style="list-style-type: none"> • Cecilia Tredget, Managing Director, East of England LGA and • Rita Symons, Knowledge Exchange Director, EMCC UK
16.00	Conference Close