

The Coaching Foundation

West Midlands



Presents



Myles Downey

Master-Class: Coaching through the lens of 'The Inner Game'

9.00am—5.00pm (registration from 8.30am)
Thursday 24 September 2009

Birmingham City University,
City North Campus, Perry Barr, Birmingham

Ticket Price*: £150

(Early Bird offer—only £100 if paid before 31 August)

** To include buffet lunch and refreshments. A limited number of tickets are available to purchase before 31 August at a discounted price of £75 for students and staff of Birmingham City University.*

"Great coaches do not empower people; they know people have power and potential, and their job is to facilitate the expression of it."

Myles Downey, Effective Coaching, 1999

In this presentation Myles Downey will outline some of the key concepts that have informed The School of Coaching's approach to coaching and that have their origin in Tim Gallwey's 'Inner Game'. Myles will describe and then demonstrate the new techniques that he and the Faculty of the School have developed. Key topics for exploration in this presentation are:

- How mental state effects performance
- How we "get in our own way"
- How to generate the mental state for peak performance in coaching in yourself (the coach) and the player
- How to cause the player to 'do the thinking'

The presentation will include a live coaching demonstration and a question and answer session.

Who is the event aimed at?

- New and experienced coaches
- Professional and student coaches
- Coach managers
- HR Professionals

This event is supported by



About Myles Downey

Coach, consultant, writer and speaker, Myles Downey has over 15 years experience working globally with major organisations in business sectors ranging from professional firms, financial services, manufacturing and process industries, to retailing and information technology.

"Effective Coaching is one of the few books that genuinely captures both the power and simplicity of non-directive coaching"

Tim Gallway

Myles is the Founder and Managing Director of The School of Coaching in the U.K., which he established in association with The Work Foundation (formerly The Industrial Society), with the aim of "developing great coaches who can transform the performance of individuals and teams in organisations". The School specializes in working with the leadership and management population to improve business performance.

Myles Downey is recognized as one of the foremost coaches in Europe and has worked with some of the most successful organisations in the World; across most of Europe, North and South America, Asia and in the CIS, and in a variety of businesses, from professional service firms, banking, manufacturing, oil and gas, brewing and distilling, retailing, construction and information technology. The predominant part of his work is in coaching Senior Executives and Leadership Teams.

He is the author of 'Effective Coaching' (Texere/Thomson. In excess of 25,000 copies sold) which is considered to be a seminal text on coaching. He also contributed to 'Coaching for Leadership Development' (Lucy West and Mike Milan) and to 'The International Guide to Management Consultancy' (Barry Curnow). Articles published through the School of Coaching include 'The Place of Coaching in the Line-Managers role' and "Buying Executive Coaching". He has appeared twice on BBC Radio 4 (Nice Work and You and Yours).

Myles was born in Dublin, Ireland in 1959. He studied architecture and practiced in Dublin and then, having read 'The Inner Game of Tennis' by Tim Gallway, began to work as a coach, initially in sport (he was a competitive tennis player) and then in business. He moved to London and was a founding member of a small, successful consultancy, which the Economist Intelligence Unit acknowledged in '93 and in '95 as the leading provider of Executive Coaching in the UK, which he left in 1995 to investigate a wider variety of approaches to maximizing learning and performance. He established the School of Coaching in 1997.

Visit www.downeycoaching.com and www.theschoolofcoaching.com.

About the Coaching Foundation

The Coaching Foundation exists to:

- Create a community for coaches: through meetings and virtually via the Internet.
- Encourage the use of coaching in all walks of life.
- Facilitate continued professional development for coaches.
- Develop the skills and practices associated with coaching through a multi-disciplinary approach to learning.
- Provide coaches with information relating to the coaching profession.
- Educate the general public about coaches and coaching.
- Promote best and ethical practice in coaching.

A not-for-profit organisation, The Coaching Foundation was incorporated as a company limited by guarantee in 2002. The Foundation is an inclusive organisation that is not directed at competing with any other in the coaching community.

In the West Midlands workshops are held regularly, providing an opportunity for delegates to explore and practice useful coaching techniques, as well as sharing insights and experiences.

Our web site at www.coachingfoundation.org.uk is a public source of information about our own events as well as others that we consider may be of interest to coaches.

Feedback from previous events....

The Coaching Foundation West Midlands has been privileged to host a series of events with international speakers such as Sir John Whitmore, Dr Angus McLeod and Michelle Duval. Here are a few things that delegates have said about these events....

“It was a privilege to have such a Master Coach share all these tools techniques tips and ideas. Look forward to the next event!”

“I thought the Speaker was exceptional and obviously very skilled and extremely interesting.”

“the whole weekend represented fantastic value for money and well worth the time investment”

“Not a lot I can add as I thought it was a brilliant weekend and I am already implementing some of the ideas I came away with!”

“John Whitmore was great, thought provoking, challenging and inspirational.”

“Positive provocative questions. Radical models. Quality networking.”

“I think that hearing and speaking to other coaches helps to give coaching another perspective.”

“Thank you for an excellent day.”

“Many thanks to Adrian and the team for putting together such a fabulous event.”

Coaching Foundation West Midlands event:

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Myles Downey—Master-Class

9.00am—5.00pm, 24 September 2009, Birmingham City University, City North Campus

Your Details

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Your Requirements

Number of tickets Student or member of staff at BCU? Yes / No

£150 each including buffet and refreshments. **(Early Bird – only £100 if paid before 31 August 2009, or £75 if a student or member of staff at BCU*.)**

*number of tickets limited.

Total Remittance

Please make cheques payable to: **Coaching Foundation W Midlands**
(We regret that we are unable to accept payment by credit or debit card)

Please state any specific food, access, audio and/or visual requirements:

Please send this form and your cheque to:

Adrian Smart, 1 to 1 Life Coaching, Harvestlea, Church Lane, Upper Sapey, Worcestershire, WR6 6XR.

For more information call 07803 701403 or email adrian-smart@1to1lifecoaching.co.uk.

Cancellation Policy:

- Requests for cancellations must be sent in writing to Adrian Smart, 1 to 1 Life Coaching, Harvestlea, Church Lane, Upper Sapey, Worcestershire, WR6 6XR.
- Requests for cancellation after 31 August 2009 will be subject to a 100% cancellation charge.

Disclaimer:

Information is correct as at the time of publication. However, Coaching Foundation West Midlands reserves the right to change details about the event without giving notice. Should circumstances arise where the Coaching Foundation West Midlands find it necessary to cancel the event, full refunds of tickets will be given. The views expressed by speakers are their own. Please note that for promotional purposes there may be a photographer and video production at this event.