



Group Coaching Workshop- Managers & Coaches

Handling Difficult Conversations- Level 3

PRACTICE and REVISION
Not Advice or Answers—just a bag full of Questions.
(NB. the answers can be found in the questions)

This one-day workshop builds on **Handling Difficult Conversations Level 1 & Level 2**. It does not offer any new content but will guide you through a deeper understanding and integration of the principles outlined in the earlier workshops, particularly the concepts of the “Knower” & “Learner” and 3rd story. The workshop will provide a safe place to re-view progress, share and unpack “stories”- both successes and failures and how they contribute to learning, growth, confidence and wisdom.

You will practice developing a capacity to think of yourself as both a participant and observer of their interactions with others. There will be many opportunities to practice being “skilful in the moment”, authenticity and other coaching skills.

Like the earlier programs this workshop is interactive and experiential. Exercises will take you through the process of increasing your mindfulness (being deeply aware of what your mind is doing) and your capacity to make meaning of situations that would previously have been difficult and perhaps stressful for you.

From this workshop you will develop your capacity to see positions from the “third” perspective which allows you to readily entertain another point of view whilst retaining our own position and integrity.

When & Where - XXXXXXXX (9am to 5 pm)
The **Aquatic Centre- Rowing Club** (Elizabeth McKay Centre, CGGS)
Alexandrina Drive Yarralumla Bay, (next to YMCA Sailing Club)

Investment - \$ 1295 plus GST per workshop participant (light lunch included)
Participant numbers in the workshops will be **limited** - early registration advised.

Facilitators - **Colin Pitson and Helen Lang**
(Colin Pitson is a Master Coach and Managing Director of Veritas Alliance.
Helen Lang is an ICF Accredited Coach, psychologist and ex. senior public servant)

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