



**Deep Release Online**  
*Professional Training for Counsellors*

# **ADDING COACHING TO YOUR COUNSELLING PRACTICE**



**with Dr Chris Andrew**



I'm gonna be a  
surgeon!

**MY STORY**



# What is Coaching?

Life's easy...



isn't it!



**A coach gets you  
where you want to go**





***“At its core, coaching is the art and practice of guiding a person or group from where they are towards the greater competence and fulfilment that they desire...”***

***..Coaching helps people expand their vision, build their confidence, unlock their potential, increase their skills and take practical steps towards their goals.”***

**Gary Collins**



# Why Choose Coaching?

- Less threatening than counselling
- **Many different styles and contexts**
- Fits well online, on the phone, or in person
- **Group Co-Coaching benefits**



# Key Coaching Concepts

- No-nonsense Approach
- Pragmatic
- Present & Future focused
- Solution-oriented
- Focused Questions
- Psychometric Tools

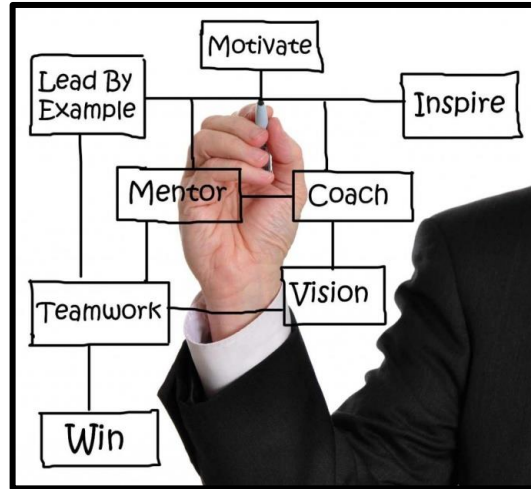




# Different Types of Coaching



**Sports Coach**



**Business/  
Executive  
Coach**



**Teaching Coach**



**Nutritional  
Coach**



**Life Coach**



# Interview with Stephen





# Some Coaching Approaches

Cognitive Behavioural Coaching (CBC)

Neuro-Linguistic Programming (NLP)

This Way ?

That Way ?

GROW model

(Goals -Reality Opportunities -Will)

Sir John Whitmore

Stress  
Management

Integrative

Spiritual  
Direction



# Interface between Coaching, Counselling & Mentoring



# Mentoring

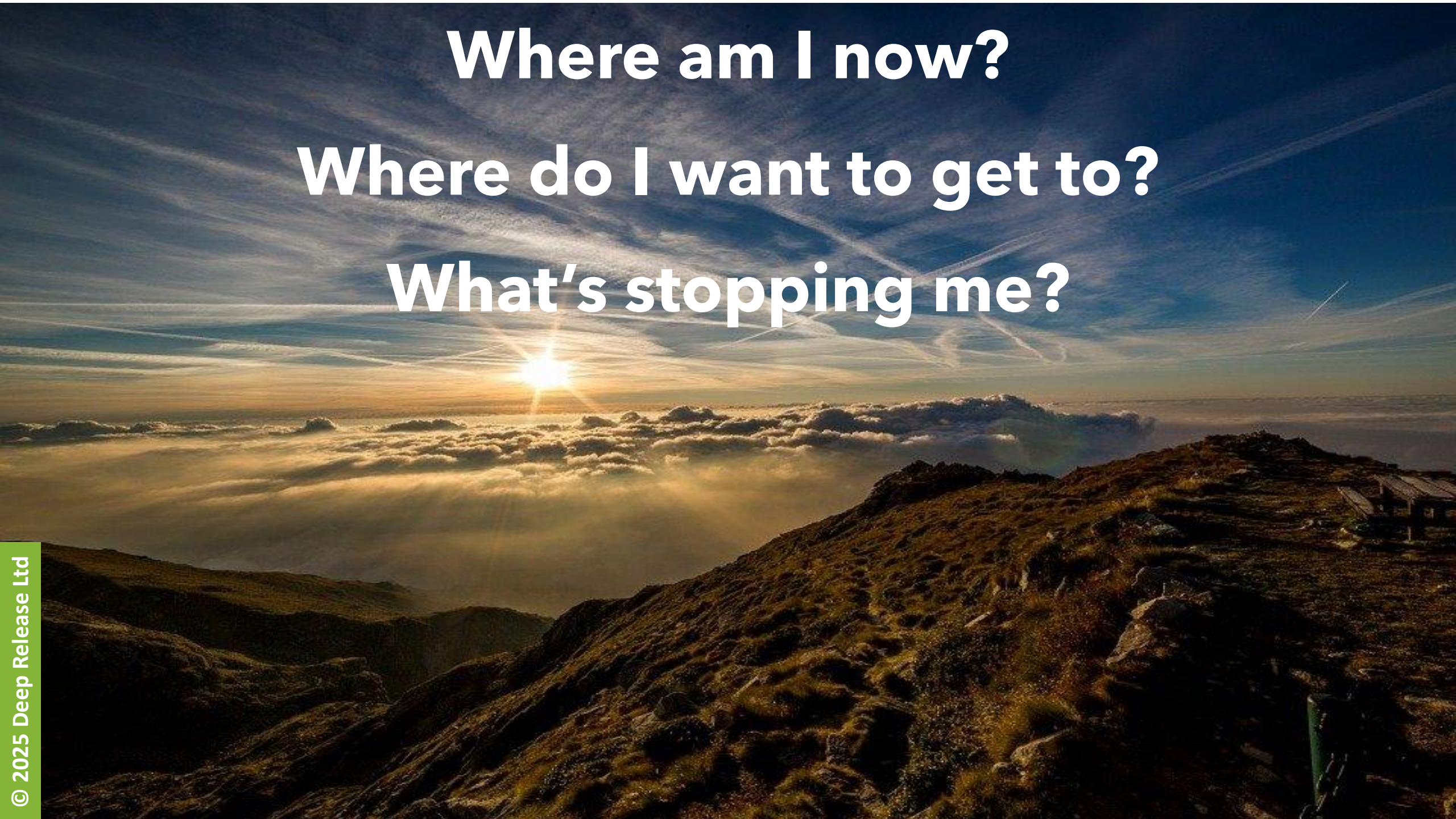
**Someone who provides modelling, supervision, individualised help, spiritual direction, encouragement, correction, confrontation, a calling to accountability.**



**Telemachus was helped by “Mentor” when his father Odysseus went to war (for 21 years!). He did a great job running the country!**

**(Homer’s Odyssey)**





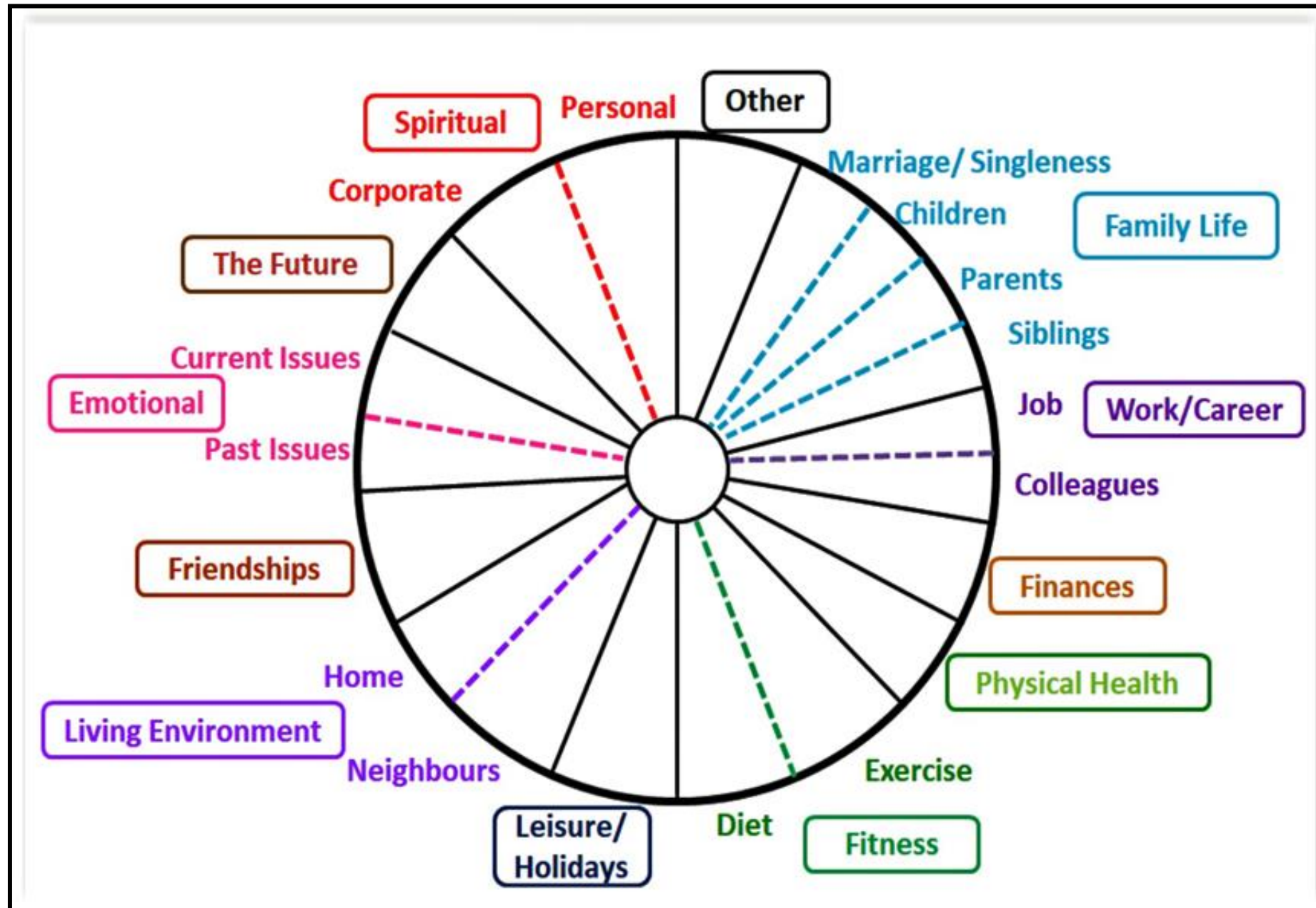
**Where am I now?**  
**Where do I want to get to?**  
**What's stopping me?**



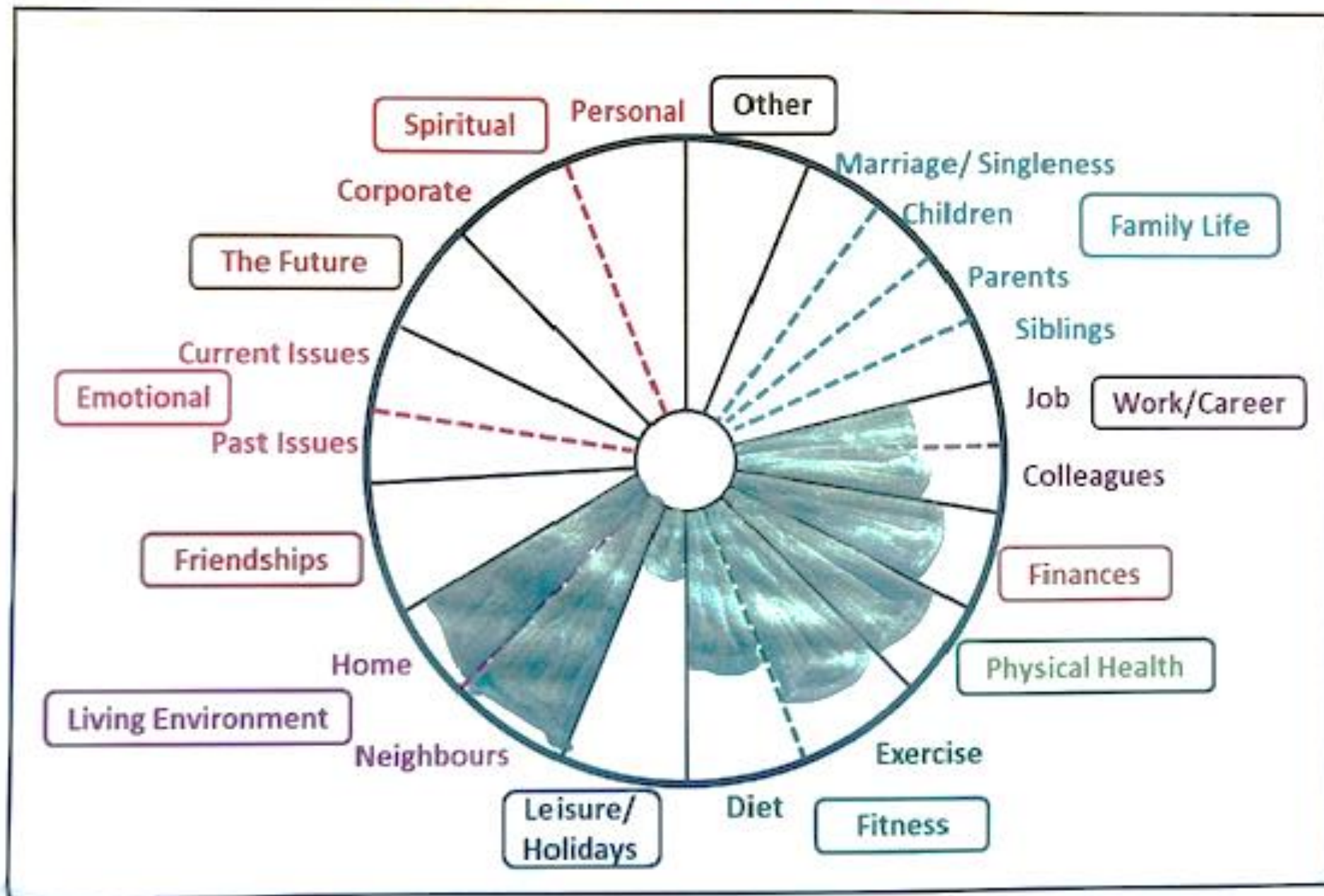
# WHAT OBSTACLES ARE IN MY WAY?



# The Wheel of Life



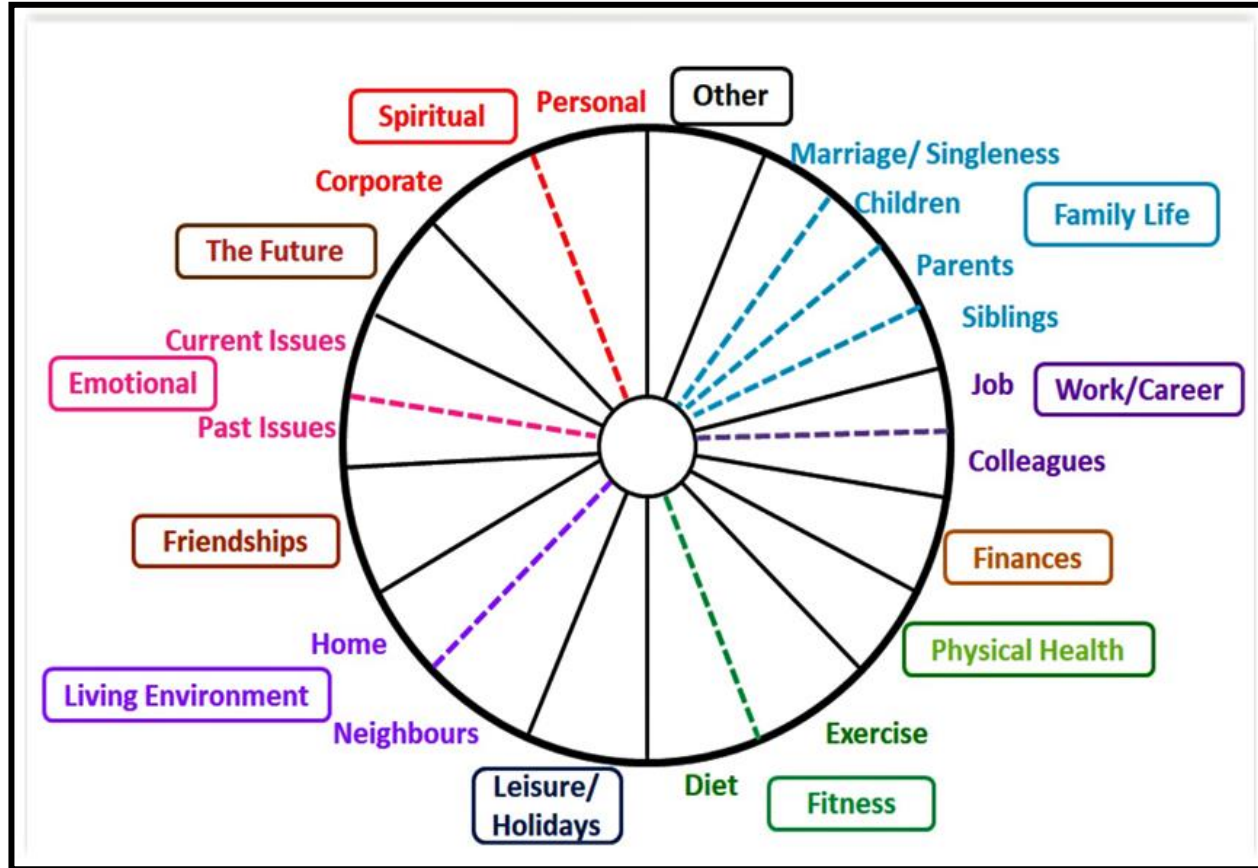
# The Wheel of Life





What is your  
Wheel of Life  
like TODAY?

How would you  
like it to be?





## Buddy Group Discussion

- Share your thoughts on coaching.
- What has the Wheel of Life brought up for you?
- Share as much as feels safe.

**15 mins**





5:00

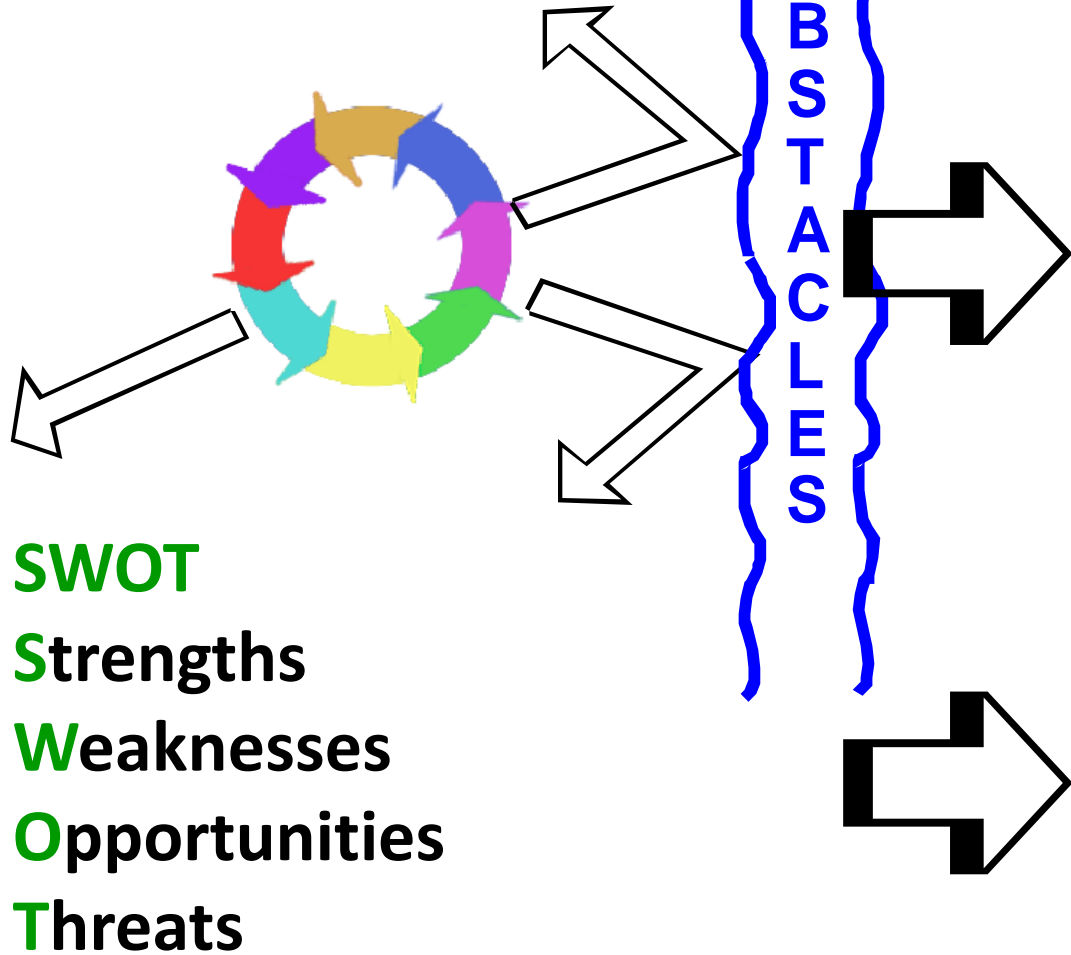


# Looking to the Future

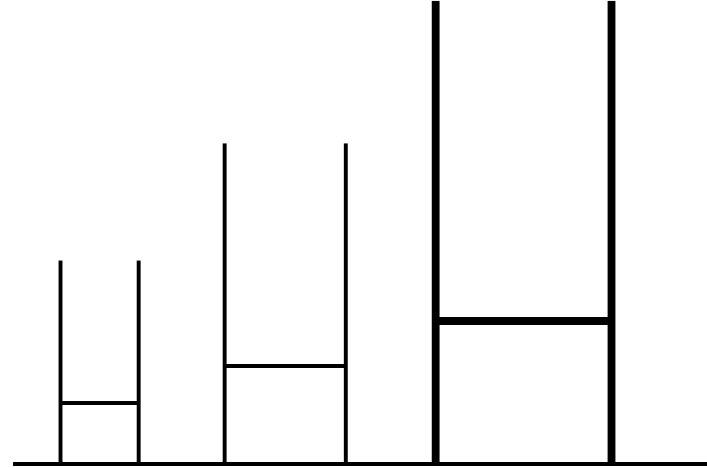
## **COUNSELLING ASKS THE CLIENT TO DIG DEEP**



**SO DOES  
COACHING, BUT  
ALSO MAJORLY  
FOCUSES ON THE  
FUTURE AND  
WHERE THE  
CLIENT WANTS  
TO GET TO**



# VISION



**SMART**  
Simple  
Measurable  
Agreed  
Realistic  
Time-related



# SWOT Analysis





# Strengths & Weaknesses

- Personal Capital
- Life Skills
- Work Skills
- Relational Skills
- Financial Ability
- IQ
- Locus of Control
- Life Challenges
- Resilience
- Getting things done
- *Self-Management*



# *Pause for Reflection*

*How does it  
feel to be  
asked these  
questions?*

*How would  
it feel to  
ask them?*



# Writing your Mission Statement

- How do I want to be remembered?
- What do I want to have achieved?
- What inheritance do I want to leave for others?



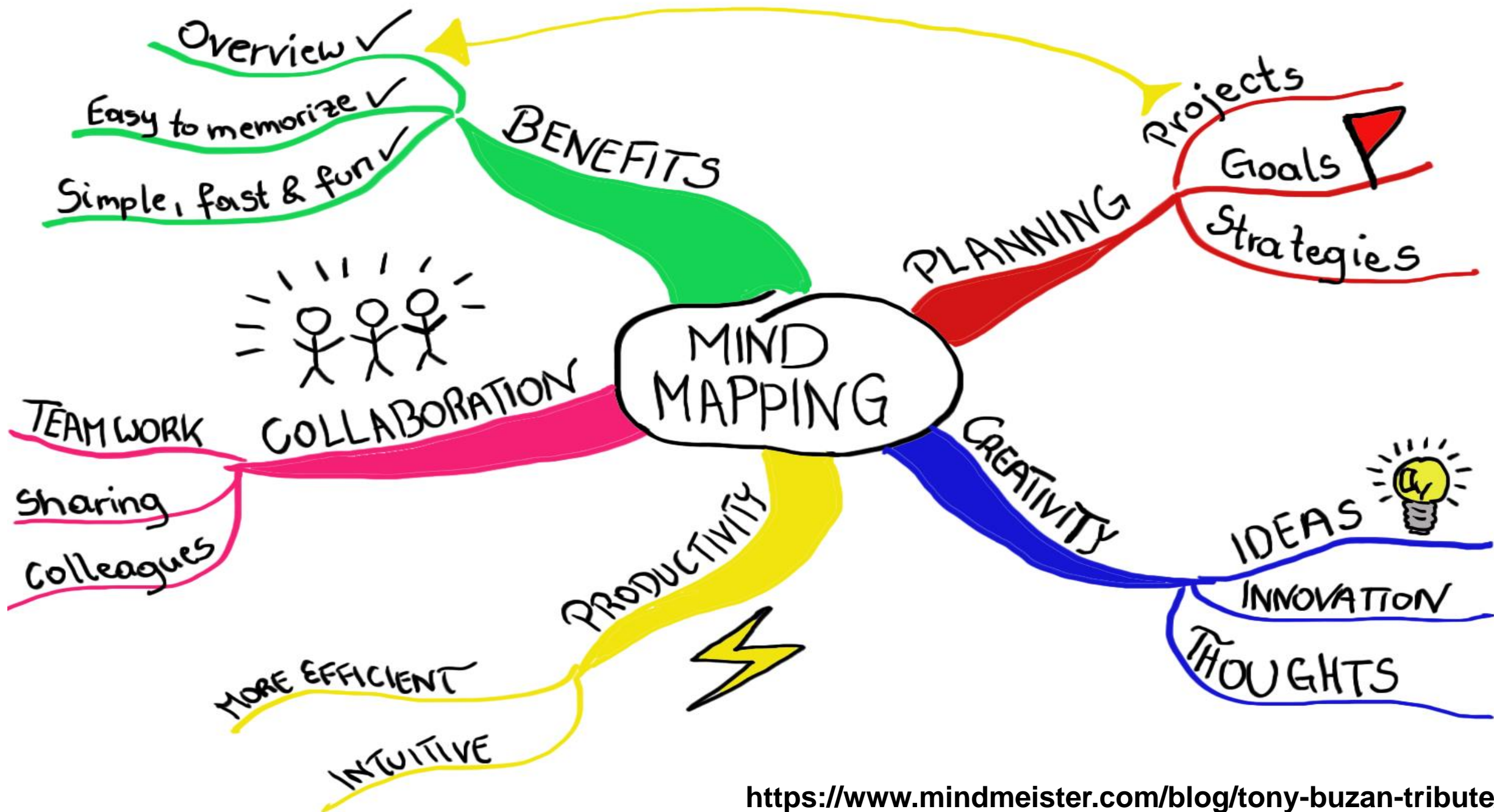


**Take a moment  
to begin to think  
about your  
Mission  
Statement**



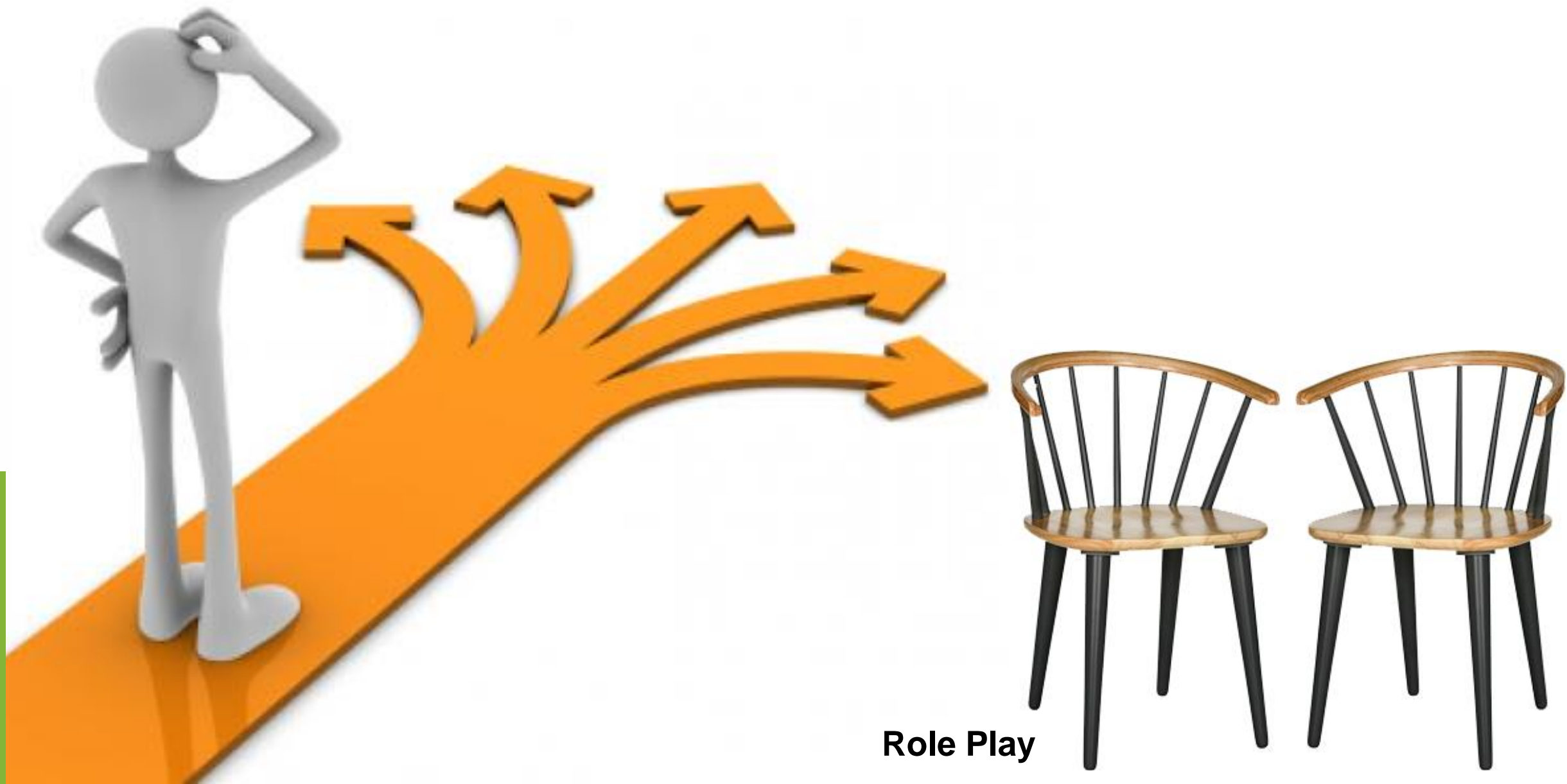


**Have a Thought  
Shower!**

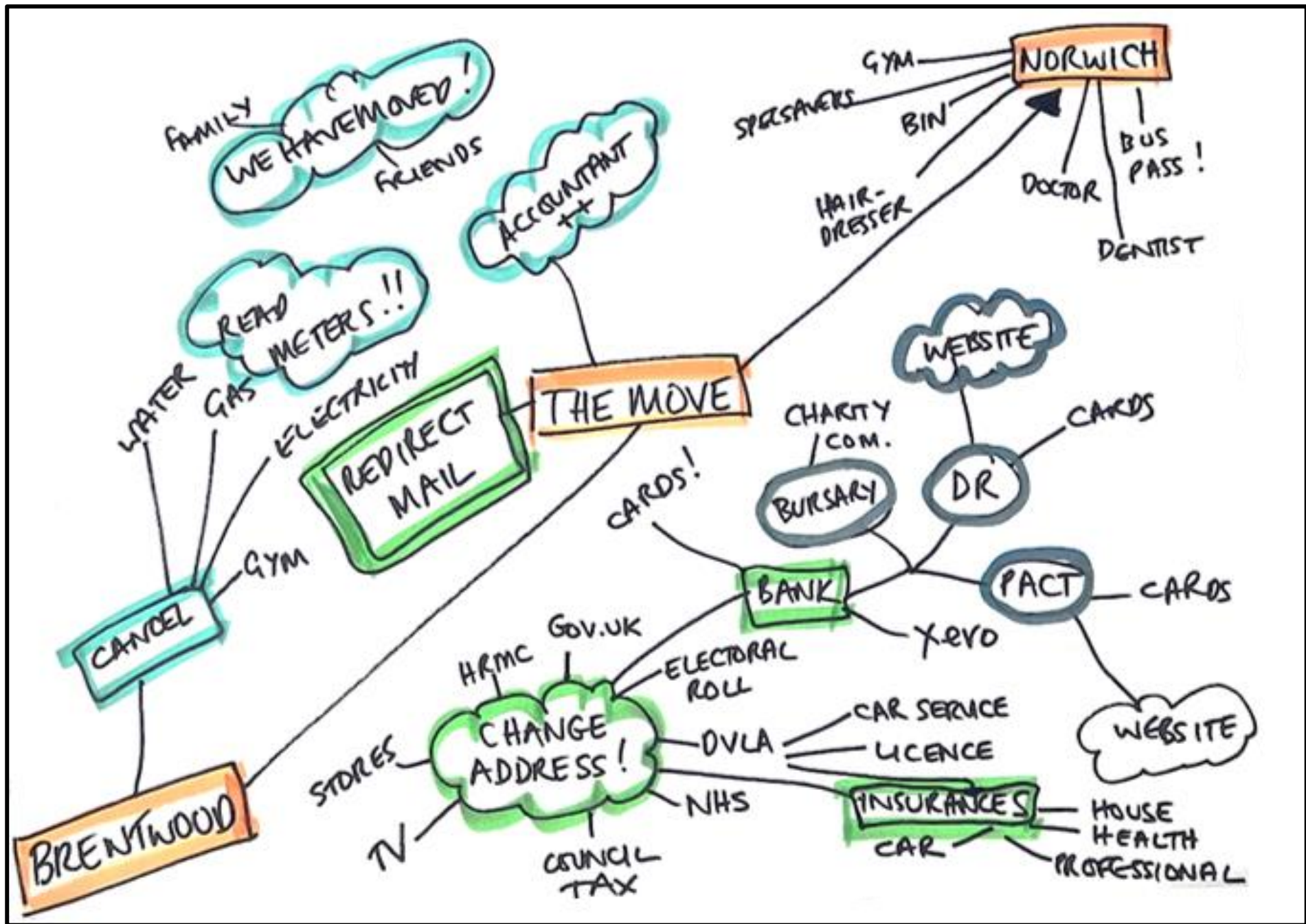




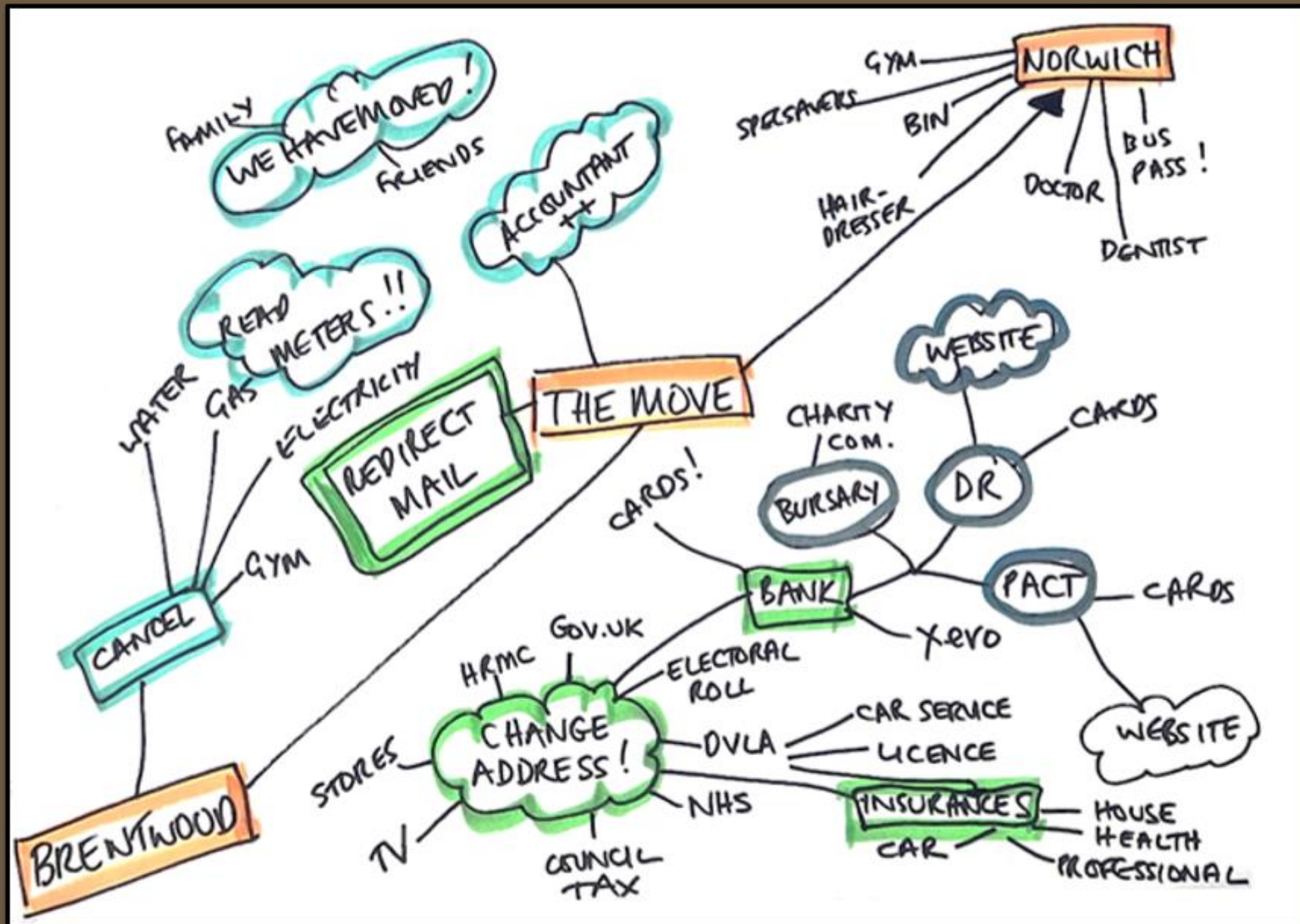
# Decision Mat Work



**Role Play**







Time to  
create  
your own  
Mind Map

# COACHING QUESTIONS

- Brief
- Clear
- Focused
- Relevant
- Constructive
- Cut to the chase





# Killer Questions

- ? *Where are you now?*
- ? *Where do you want to get to?*
- ? *What's stopping you?*
- ? *If there were no barriers, what would you do?*
- ? *What advice would you give to a friend in this situation?*
- ? *Imagine talking to the wisest person you know/can think of. What would he/she tell you to do?*

# Killer Questions

- ? *If you knew the answer, what would it be? - enables the person to look beyond the blockage. (“Miracle Question”)*
- ? *What would you gain/lose by doing/saying that?*
- ? *What would the consequences of that be for you/ for others?*
- ? *What is the hardest/most challenging part of this for you?*
- ? *What if you did nothing?*
- ? *How motivated/hungry are you to achieve your goal?*
- ? *What will it be like in 1... 3... 5 years time?*



# Buddy Group Discussion

- What was your response to writing a Mission Statement?
- How did your Mind Mapping go?
- How did you respond to the Questions?

**15 mins**





10:00





# **Questions Comments Discussion**



# Self-Management



**IT IS NOT  
THE MOUNTAIN  
WE CONQUER  
BUT OURSELVES.**

EDMUND HILLARY

**The Biggest  
Challenge**

# Resistance to Change





# Old Habits Die Hard



# Doing the Right Thing

**Doing the right thing  
can be so hard...**



**Doing the wrong  
thing, all too easy!**





# Incentives



# What Kind of Encouragement do you Need?



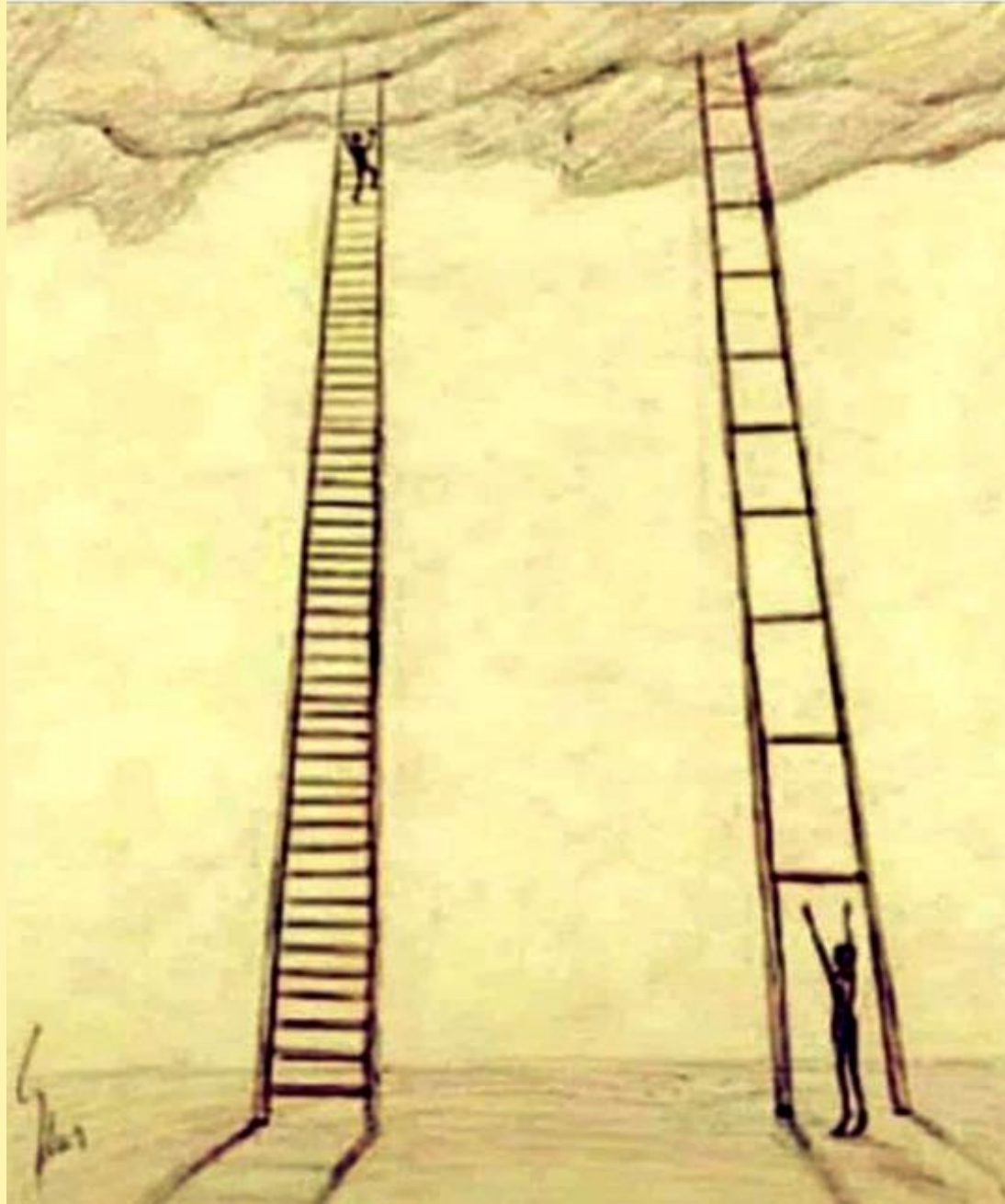
**I SHOULD  
PROBABLY  
KICK SOME ASS  
TODAY.**



# SMART Goals



**Now I don't feel so bad about taking small steps!**





# Take Action





**Bang A  
Nasty Job  
Off  
first!**





# Course Correction

**The only real mistake  
is not to learn from  
your mistakes**



If at first you  
don't succeed...

**P**ersist  
**U**ntil  
**S**omething  
**H**appens





Important	<p><b>DEADLINES</b> <b>CRISES</b> <b>PRESSING ISSUES</b></p>	<p><b>A FUTURE AND A HOPE</b> <b>PROPER PLANNING</b> <b>LEAVING A LEGACY</b></p>
	<p><b>TIME WASTERS</b> <b>DISTRACTIONS</b> <b>PRESSURE FROM OTHERS</b></p>	<p><b>RED HERRINGS</b> <b>POOR PLANNING</b> <b>WILD IDEAS</b></p>
	<p><b>Urgent</b></p>	<p><b>Not Urgent</b></p>

*“Live for today...  
BUT plan for tomorrow”*

End of Life  
Planning

Leaving a  
Legacy

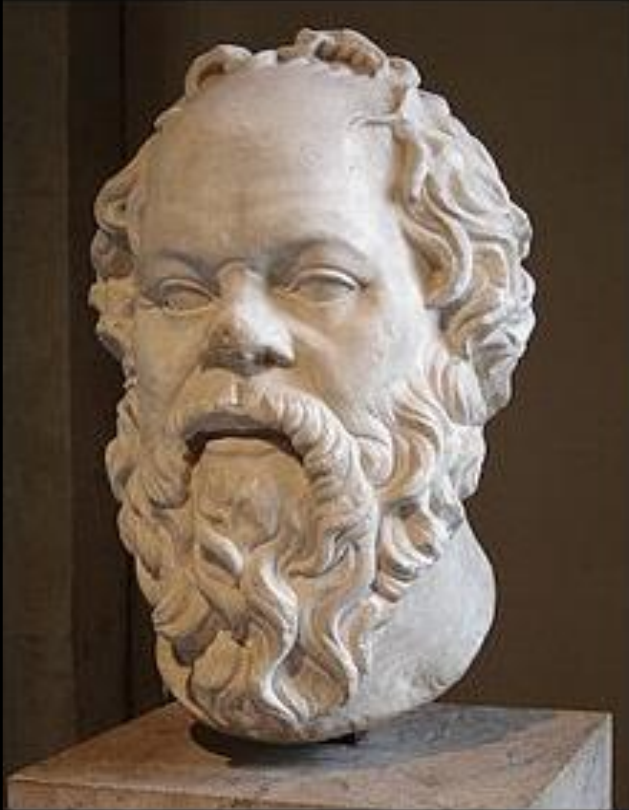
Getting  
things in  
order



# Journaling







The unexamined life is not worth living.  
(Socrates)



# Huddle Time!



# Plan time to Plan...

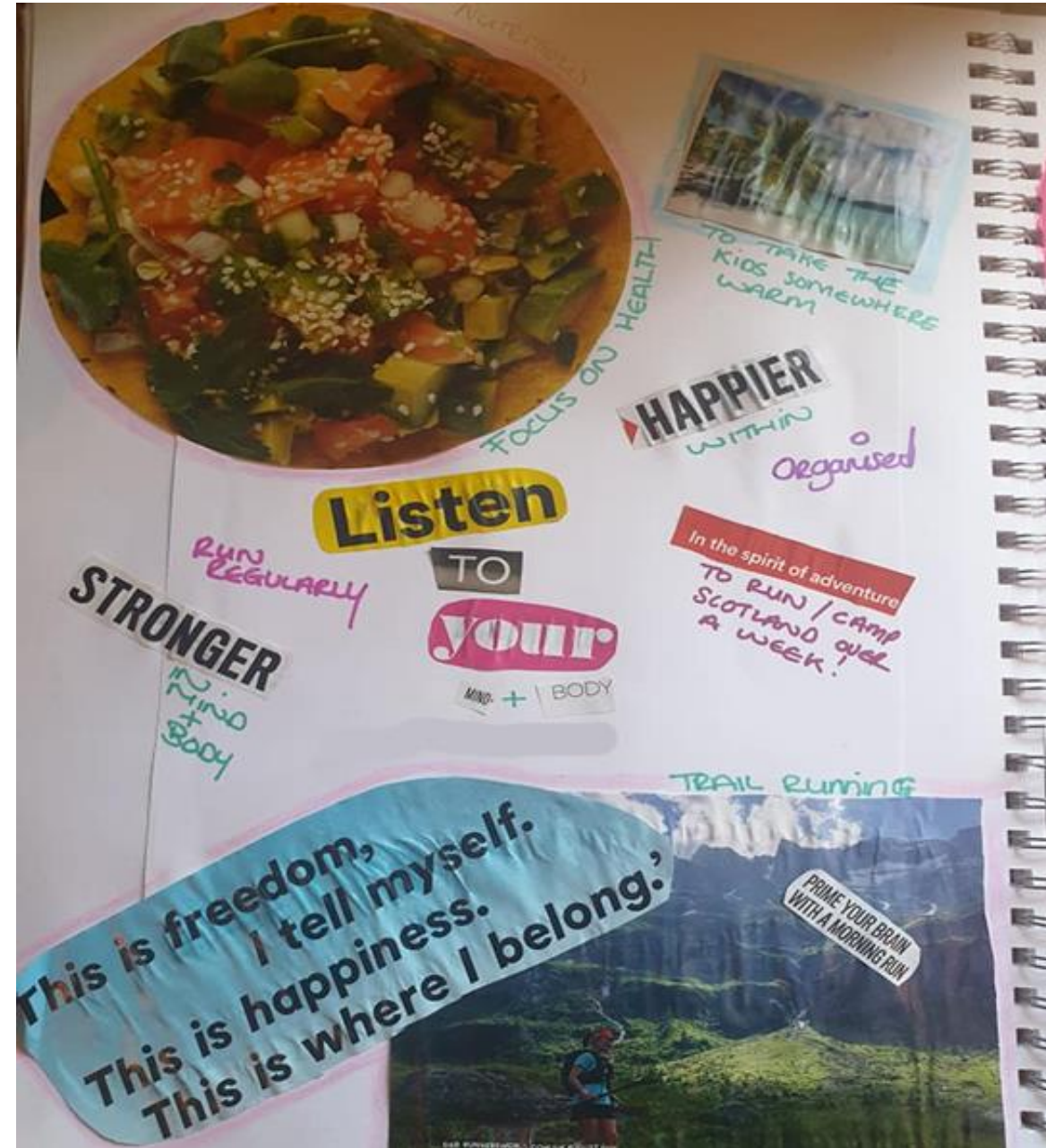




# Make a Vision Board

A vision board is a collage of images, pictures, and affirmations of your dreams and desires, as a source of inspiration and motivation to attain your goals.

*A lovely creative vision board kindly shared with us by Evie Sharpe from the Creative Counsellors Community!*





F

Encourager

S



# Take Personal Responsibility

**Find a Coach!**



# Risky Transition





# Find Escape Velocity



**25,000 mph!!**

**Break out of the loop!**

# Buddy Group Discussion

- Final thoughts
- Share details if required.

**10 mins**



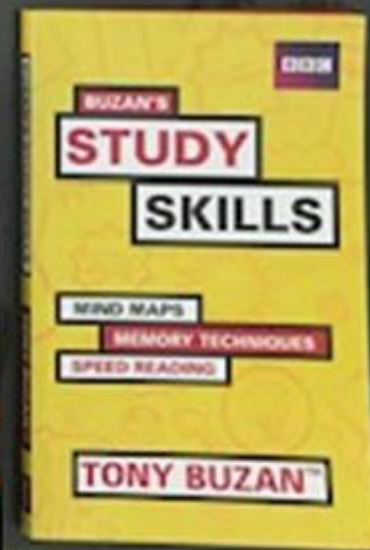
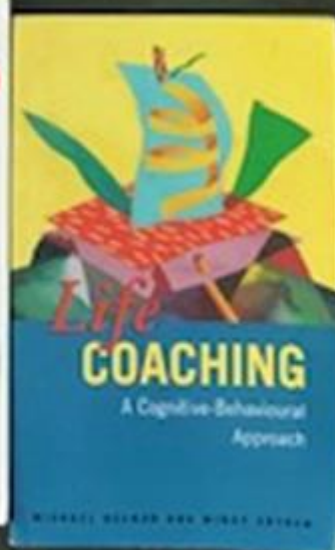
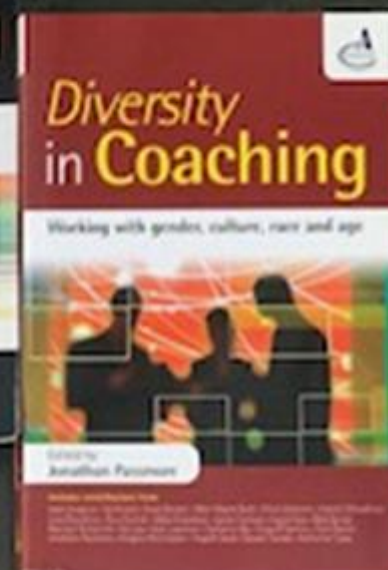
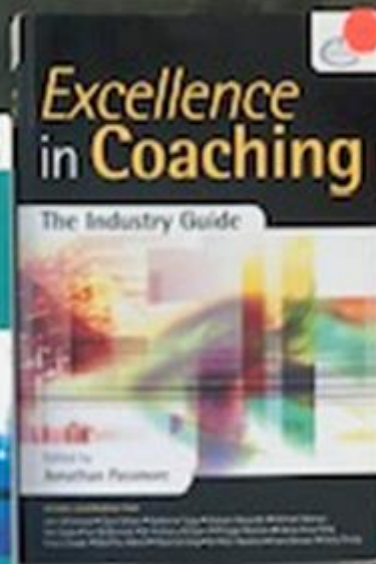
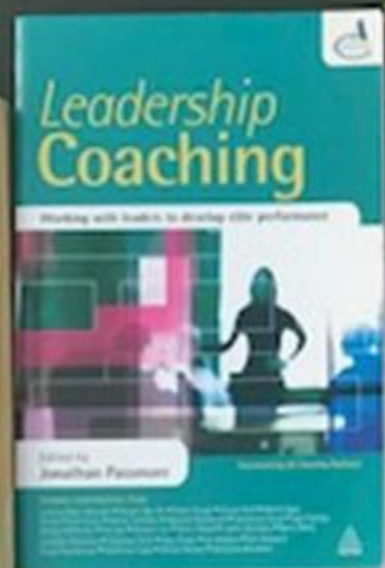
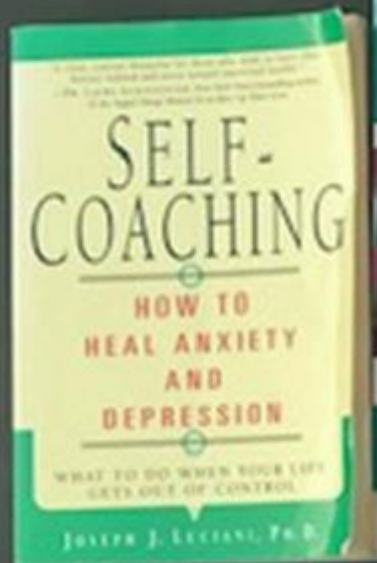






# **Questions Comments Discussion**





# Training Opportunities



International Coach Federation

<https://www.coachfederation.org.uk/>

<https://www.associationforcoaching.com>





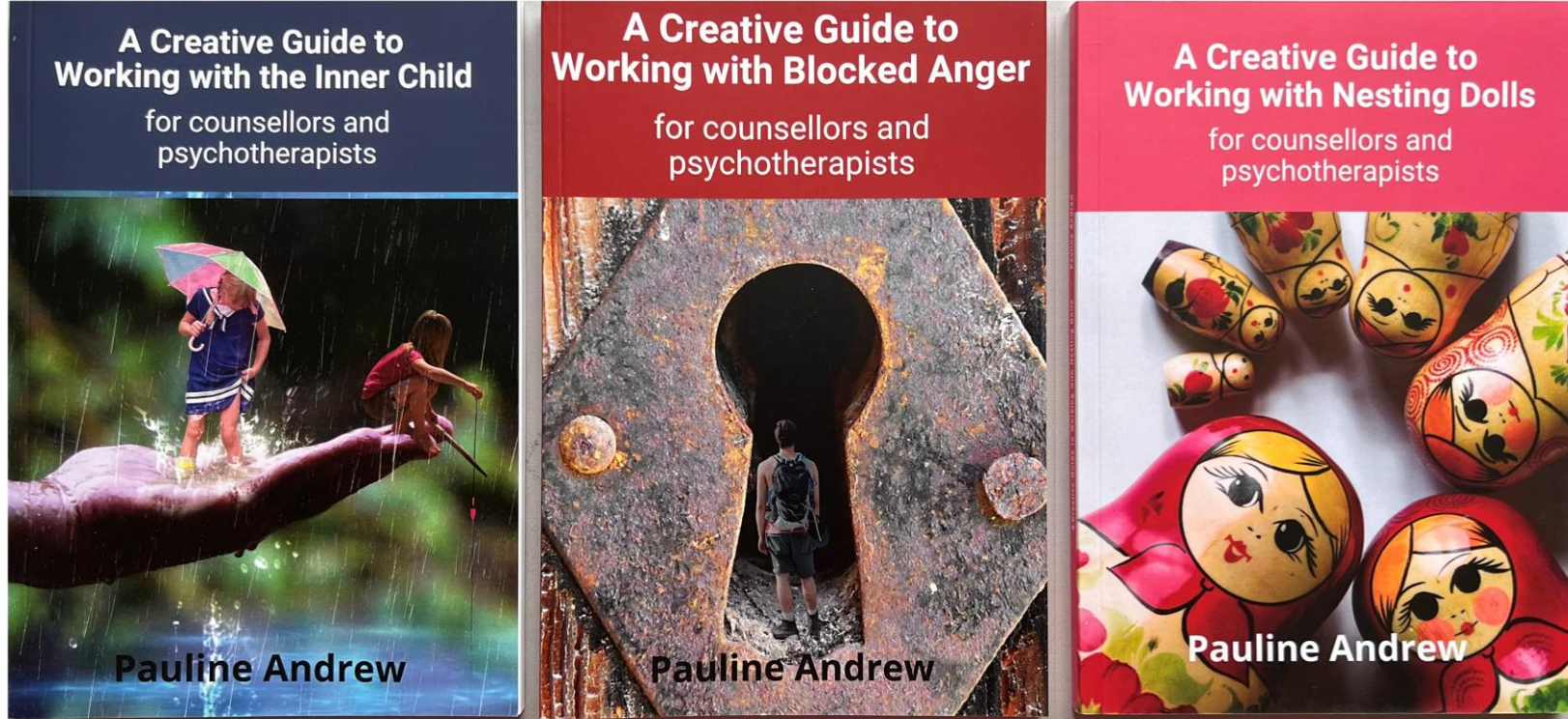
# Resources

---

[PACT-RESOURCES.CO.UK](https://pact-resources.co.uk)

ORIGINAL & CREATIVE  
COUNSELLING RESOURCES

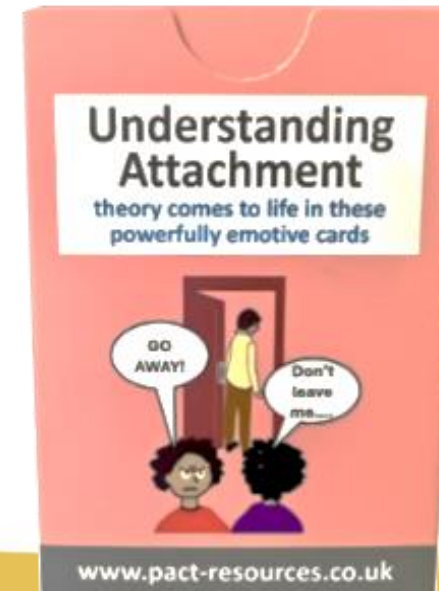
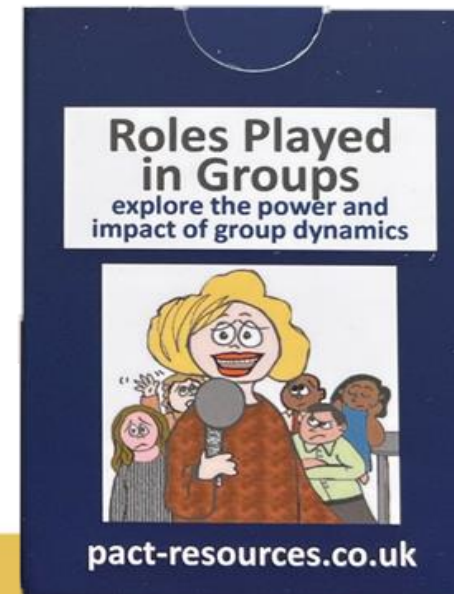
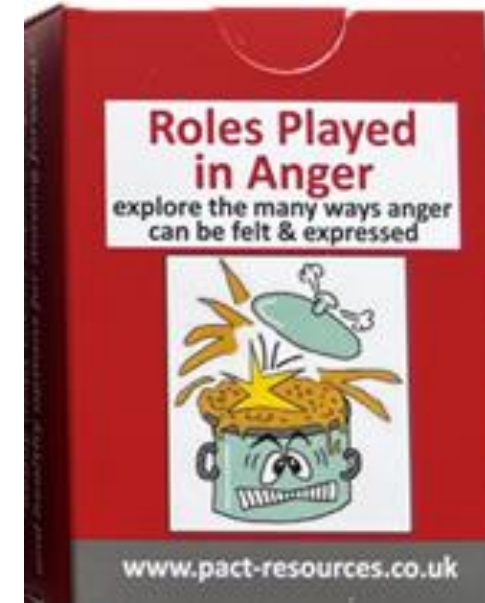
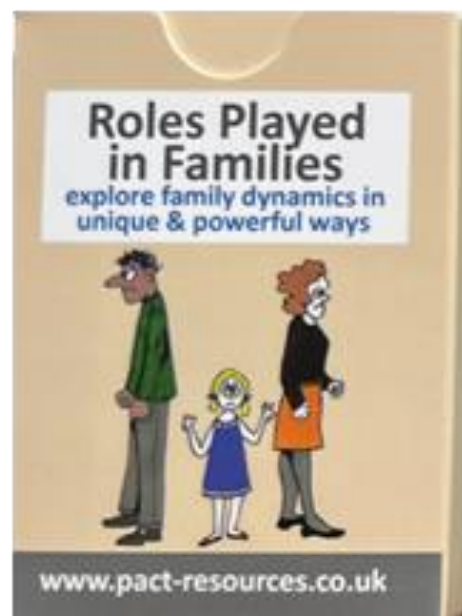
# Books by Pauline Andrew



£11.50 each  
3 for £32 (save £2.50)

Also available on Kindle





pact-resources.co.uk

Roles Played in Families  
Extra Set A



**Sand Tray  
Web App**



**The Wheel of  
Life**



**Erikson's Life  
Stages**



**Erikson's for  
Adolescents**



**Roles Played in  
Families**



**Core Needs in  
Families**



**Roles Played in  
Anger**



**Roles Played in  
Groups**

[pact-resources-online.co.uk](http://pact-resources-online.co.uk)



**The In-Out  
Model**



**Nesting  
Dolls**



**Understanding  
Attachment**



# e-Resources



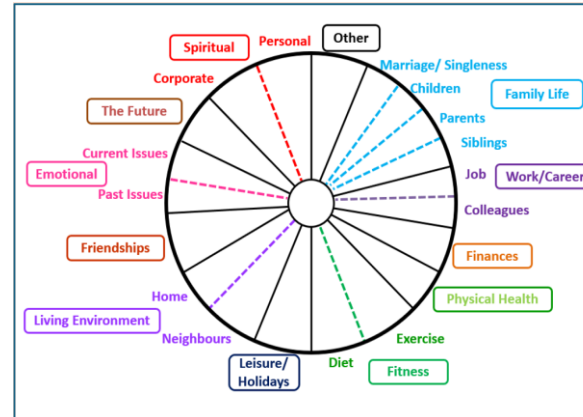
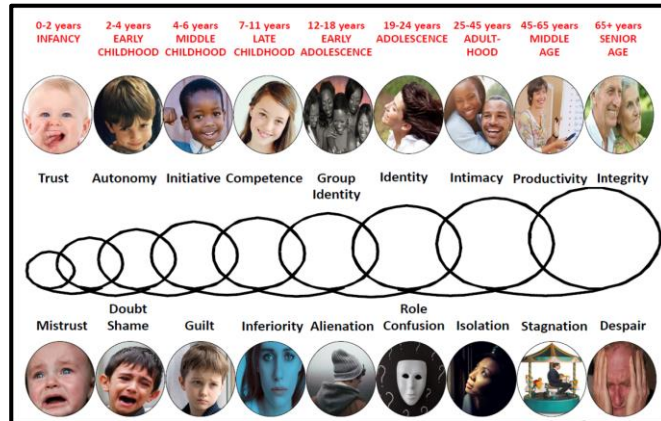
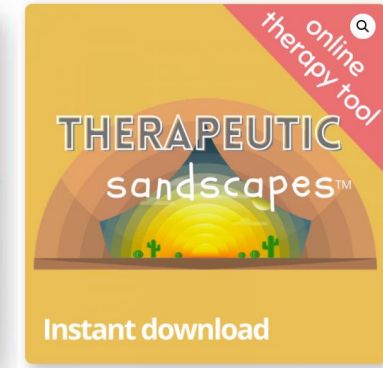
Erikson's Life Stages  
£3.50



Wheel of Life  
£3.50 – £5.00



Working with Animal  
Figures Online Pack



**Use PowerPoint** for these e-resources – please also investigate our web apps!





# Missed a course?

Visit our online  
training library

- Instant, lifetime access
- CPD cert included



**TRAINING VIDEOS**

3 for 2 on all videos – discount automatically applied at checkout

 THEORY & PRACTICE	 CREATIVE	 TRAUMA & ABUSE	 RELATIONSHIPS	 INNER CHILD
 COACHING	 NEUROSCIENCE	 SUPERVISION	 PSYCHOEDUCATION	 THE SELF

[pact-resources.co.uk](http://pact-resources.co.uk)

# Connect with us

**Search on Facebook:  
'Deep Release Ltd'**

- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



**Deep Release Online**  
*Professional Training for Counsellors*

**deeprelease.org.uk**



# YouTube

## Search 'Pauline Andrew Creative Counselling'

- Lots of videos on working creatively
- Please subscribe!



## Search 'Brain, Body & Beyond'

- Videos on Life, the Brain and Relationships
- Please subscribe!



**Deep Release Online**  
*Professional Training for Counsellors*

[deeprelease.org.uk](http://deeprelease.org.uk)

Please send us  
your feedback!



[info@deeprelease.org.uk](mailto:info@deeprelease.org.uk)



*Thank you*

<https://www.info@deeprelease.org.uk>

<https://www.pact-resources.co.uk>