

Message from the Chair

Many, many years ago, I went to see a colour therapist.

I hadn't expected her to go into 'medium' mode (I don't know *what* I'd been hoping for) but she became very insistent that I was going to retrain - as a counsellor.

At this time, I was enjoying the combination of coaching, writing and other elements of my practice. I'd just completed my NLP Master Practitioner training and had been undertaking some kind of training every year for the best part of a decade.

I kept telling her 'no', I was *done* with training. But she talked about how everything was changing and, with regulation coming in, it would be essential for coaches to be properly accredited. After our session, I dismissed everything she'd said and moaned about it to a friend.

Having forgotten all about it, six weeks later, I woke up with my mind made up to train as a psychotherapist. At some point during my four-year training in a postgraduate counselling diploma, it dawned on me that I had done exactly as this colour therapist had said I would: I'd trained as a counsellor. I hadn't consciously given her words a second thought and I hadn't been worried about regulation, but I'd done it.

I laughed at myself (and dug out her number to leave a voicemail, telling her she'd been right), then forgot all about it again.

Lately, with the progress being made within BACP for coaching, and coaching being brought in under the *Ethical Framework* and overall strategy, I have recalled her words about the importance of accreditation.

Professionalising coaching

I'm so glad I retrained and that BACP is leading the way in terms of professionalisation of coaching. The counselling directory has long been established. BACP's register was the first among psychological therapists' to be accredited with the Professional Standards Authority for Health and Social Care.

In a similar way, when I gained BACP accreditation, I felt as pleased (and relieved) as I had been when I qualified as a counsellor.

It really means something, not just to us as practitioners, but to the public, in terms of knowing they're safe, and that we work within a solid ethical framework.

Welcoming Carolyn Mumby

Past Chair Gill Fennings-Monkman gave a lovely speech at the Association for Integrated Coach-Therapist Professionals (AICTP) conference in January, and the Working with Coaching Day in November was a success, with impressive feedback for the presenters, especially our own brilliant Michèle Down, Steve Page and the newest addition to our Executive team, Carolyn Mumby.

I met Carolyn when she was one of the co-ordinators for BACP's central London network group. I got to know her a bit better

when we both joined the first group to train to postgraduate level in integrative counselling and coaching at the University of East London (UEL), led by Nash Popovic.

Carolyn is one of the contributors to Popovic and Debra Jinks's pioneering book, *Personal Consultancy: A Model for Integrating Counselling and Coaching*.¹ Her work with children and young people has since inspired further research. We're delighted that she's joining us.

The European coaching and mentoring research project

I've been in touch with Professor Jonathan Passmore, coaching psychologist at Henley Business School, about a research project he is leading with Hazel Brown, fellow coaching psychologist at the University of Winchester.

The European coaching and mentoring research project is Europe's largest and most ambitious coaching research project. Passmore explains that the project aims to bring together coaches and mentors from across 51 European countries, large and small, from Russia, the UK and Germany to Kosovo, the Isle of Man and Liechtenstein. The research will use an online survey method to explore attitudes and practices in coaching and mentoring across the continent. The survey is being delivered in 30 different languages to maximise response rates and in recognition of the diversity across Europe, and includes different research streams for coaches, mentors, managers of organisation coaching programmes and co-ordinators of mentoring schemes.

In each country a team of researchers leading the research will help to connect the coaching community with this research.

The research is being championed by the European Coaching & Mentoring Council (EMCC), with the support of all of the main coaching bodies, including the International Coaching Federation (ICF) Global, the Association for Coaching (AC) Global and a host of other professional and coaching bodies, including the Association for Professional Executive Coaches and Mentors (APECS), the Institute for Leadership & Management (ILM) as well as the British Association for Counselling & Psychotherapy (BACP), plus many national professional bodies in each of the countries taking part.

What's most distinctive about this project is the commitment to work in multiple national languages, recognising the diversity across Europe. The survey is likely to reach as many as 20,000 people involved in coaching delivery, coach training and coaching management. It takes a maximum of 20 minutes to complete, so if you are a coach, mentor or a manager involved in managing coaching or mentoring, the research team is interested in hearing your views. To have your say, visit <https://www.henley.ac.uk/executive-education/current-research>.

Get in touch

I love hearing from members we meet at events about their routes into coaching (most do it the other way round to me, adding coaching to their counselling practices). I wonder if, for those of you who added coaching, whether it was always something you intended to do, or if, as I did with counselling, you had a change of heart that worked out for the best.

As always, please get in touch to let us know what's working for you in the division and the journal and what you'd like more (or less) of. I look forward to hearing from you. ■



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Reference

- 1 Popovic N, Jinks D. *Personal consultancy: a model for integrating counselling and coaching*. Routledge: Hove; 2014.

