

Message from the Chair

This is my sixth
Chair's Message.

Some of these, truth be told, have been a struggle to write, knowing that so much has been going on behind the scenes but not being able to share signs of progress. On the other hand, this one is practically writing itself...

Working with Coaching day in London, January 2018

Back in January I chaired a BACP Working with Coaching day. I hadn't anticipated how much I would love it! Being in a fully booked room of people who share my enthusiasm for integrative practice was an absolute delight.

Carolyn Mumby, our Chair Elect, was our lead liaison with BACP's staff (who make the smooth running of events look so effortless) and the speakers. Meanwhile, the entire BACP Coaching Executive team (myself and Carolyn, Sally Brown, Gill Fennings-Monkman, Steve Page and Michèle Down), spent many days in our capacity as volunteers, working behind the scenes.

It came together beautifully. Jackee Holder opened the day with a session on reflective writing and using trees as metaphors. Carolyn spoke about working with young people, inspiring me to consider doing some additional training in this area.

Sue Sutcliffe made the case for preventative couples' work - working on our relationships sooner rather than waiting for things to go wrong and potentially implode. Catherine Macadam talked about coaching for unpaid carers, pointing out just how many of us have or will be carers (or need care) at some point in our lives.

Sadly, Fran Singer wasn't able to join us due to illness, so I led an impromptu chair yoga and mindfulness session. I'd been really looking forward to Fran's session and we're hoping to hear from her at a future event.

David Britten spoke about coaching for recovery, and Katharine Collins, on 'coaching through a queer lens', encouraged us to define our niches based on the changes we wish to see in the world. [Editor's note: please see p6 for Katharine's lead article in this issue].

Miranda Rock, talking about the journey between qualifying as a coach and working with executives and directors, was a breath of fresh air.

Jackee then helped us ground the day and identify our own personal next steps. Being an integrative and expansive soul, my next steps initially felt more like 'find out more about x, y and z' than narrowing down. Katharine's advice is helping me focus on my desire to support as many people as possible to help themselves - self-care. All of the speakers (and many of the members who I was able to talk to during the breaks) inspired me.

Thank you to everyone who was involved, who contributed, who spoke and applied to speak (please don't be put off applying again if you weren't selected this time).

The feedback so far has been incredibly positive, from people passionate about counselling and coaching, wanting to learn more, to find out how to serve more people. It was a delight.

November Working with Coaching day, to be held in York

We're already planning another Working with Coaching day for York in November. Do email me with any ideas you have around what you would like to see included. And, whatever your own area, please consider submitting a proposal to present - more details will follow - there is richness in our diversity as members and we want to hear from as many people as possible.

New website

Not quite in time for the last issue, the new website is now live. Again, many thanks to Sally Brown, our Executive Specialist for Communications, and BACP's Sally Mooney, for all their work on this. We welcome your feedback on the new website, so please do email me at the address below.

BACP Coaching strategic objectives

Less visible but ongoing is our work to promote coaching within BACP and more widely. In December, we had a strategy session, separate from our regular Executive meetings, to focus specifically on this.

Carolyn facilitated this, using Nancy Klein's *Thinking Environment*, a style in which she often works. We reflected on the history of BACP Coaching (I was a 'founding member' according to my certificate but, as a student member of BACP at the time, hadn't appreciated just how necessary BACP Coaching was for myself and others like me). Thanks to Past Chair Gill Fennings-Monkman's ongoing commitment to the cause, we went through the strategic BACP plan she and Veronica Lysaght drew up in 2014 when I was new to the BACP Coaching Executive. We were able to see where we are making progress and where we are still finding our way. The coaching competencies work being carried out by BACP's Nicola Forshaw is soothing to even think about.

Martin Bell, BACP's Deputy Head of Policy & Public Affairs, says: 'Having met with the Head of Professional Standards, I can confirm that there is a commitment to developing coaching competencies, as coaching competencies were included in the Professional Standards Strategy presented to the Board in September 2017. The competence development process is an iterative, evidence-based process, involving much external and internal resource, consisting of Expert Reference Group (ERG) members and external research resources. The first task of an ERG is to scope the existing literature around existing coaching competencies. Once this information is derived, BACP will have more evidence on which to make a decision as to the full scope of coaching (eg differentiated membership category, register, opening up to non-therapists who coach, etc).

'Therefore, it is the expectation that this proposal will go to the Board in June 2018, and it is anticipated that the coaching competence development process will commence around autumn 2018.'

When this enormous project is completed, we will have a framework in which a coaching register will be as meaningful as the existing therapy register. This is especially important now that coaching is included in the *Ethical Framework*.

Similarly, coaching courses will be able to apply for accreditation, so people wanting to do coach training will be able to find organisations that have shown themselves to be in line with the competencies. In an ideal world, our membership will expand beyond counsellors and therapists who coach to external coaches who have enough psychological underpinning to their practice to do the certificate of proficiency in coaching, which will also follow.

Since our full-team strategy session, Gill, Carolyn and I have met in London to progress the work and have since worked on a couple of newer documents at our most recent BACP Coaching Executive meeting at BACP's office in Lutterworth.

Things are definitely moving forward. I look forward to hearing from you with any BACP Coaching-related comments, thoughts and ideas. ■



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