

Message from the Chair

By the time you read this, I'll have stepped into the role of Chair for BACP Coaching.

I'm not going to even *attempt* to fill Gill Fenning-Monkman's shoes. Apart from the fact I can't stand, let alone walk, run or dance in heels, she's achieved so much, I'd psyche myself out if I thought I had to try to be another Gill.

Fortunately, Gill will remain on the BACP Coaching Executive for another year to ensure a smooth transition. Still, for your work as Chair and as a member of the Executive before then, thank you Gill for everything. Similarly, Michèle Down, Steve Page and Sally Brown, I couldn't be doing this without your support. You make serving on this Coaching Executive a pleasure.

The need for BACP Coaching

By focusing on the need for BACP Coaching at this time, I'm doing what I can to serve you and others who can benefit from this unique resource for therapists who coach. I want to continue to learn, grow and help give voice to your concerns, questions and triumphs.

Although I'm fairly intuitive, I'm not psychic, so please get in touch - my email address is below. I'd love to hear from you about what's working and what you'd like more or less of.

I was reminded of the need for BACP Coaching at BACP's Practitioners' Conference in April 2016. Our Coaching strand keynote speaker was Jayne

Hildreth, former Executive member of BACP Coaching and then Chair of the Association for Integrative Coach-Therapist Practitioners (AICTP). Jayne talked about a sense of 'coming out of the closet', and this really resonated with me. I know how grateful I've been for the existence of BACP Coaching since I joined the division as a student member. During my counselling training, Debra Jinks, Linda Aspey and others at BACP Coaching's still thriving University of East London (UEL) network group, helped me feel hopeful that I could complete the training and incorporate counselling into my practice. Unlike most BACP Coaching members, I was a coach for some years before training as a counsellor.

Psychosynthesis is a holistic (mind, body, feelings and the transpersonal, dealing with potential as well as wounding) type of counselling. Even so, I spent much of my training enveloped in a chronic sense of shame that I was qualified and experienced in other modalities.

I didn't even know the *word* (in this context) 'integration'. As well as those at UEL, the speakers and fellow members I met at the central London group, then co-ordinated by Carolyn Mumby, Mary Pelham and Cathy Warren, routinely inspired me.

Hearing Jayne in April reminded me how far we integrative coach-therapists and therapists who coach have come. I remembered hearing Gill (before I knew her) talking about 'multiskilled therapists' as if, far from anything for us to be ashamed of, our ways of working were something to be honoured.

'Ahh,' I'd think each time - the sense of relief still sometimes catches me by surprise - 'I'm not the only one!' While I'm the only person I know who also integrates yoga therapy, crystal therapy, neuro-linguistic programming (NLP), and emotional freedom technique (EFT), I feel more confident about it. Thanks to my integrative counselling and coaching training and my work with BACP Coaching and AICTP, I know I'm integrating ethically and effectively - it's always collaborative.

This, for me, is the greatest blessing of BACP Coaching - a safe space in which to explore best practice, how to work ethically as therapists who coach and how to work as effectively as possible to serve our clients.

Working with Coaching Day in November

I love meeting members and interested souls at conferences and other events, hearing about the ways you work as a therapeutic coach or how you think coaching might enhance your practice.

During the April conference, when everyone raised their hands confirming that they were integrative practitioners during Jayne's presentation, I felt a surge of joy.

I'm sorry to have missed a similarly inspiring and educational day in November 2016. Michèle Down hosted the first Working with Coaching Day in Birmingham and Steve Page presented on his specialist area of supervision and the special needs for therapists who coach.

At BACP Coaching stands and events, we are often asked about training for therapists who want to coach. This day included presentations on different models of integration as well as contracting issues with Frances Masters, Gladeana McMahon, Carolyn Mumby, Rachel Weiss and Anne Nyachae.

Changes to BACP Coaching

Now that coaching is included in the *Ethical Framework* alongside counselling and psychotherapy and is embedded in the BACP Strategy as a Differentiated Scope of Practice, there is a commitment to the development of coaching competencies, and associated activity, in due course.

This means there'll be changes in terms of how you can be heard and how you might get involved. We don't yet know exactly how BACP Coaching will evolve, but I'd love to hear from you if this sparks your interest. For instance, maybe you know you wouldn't be able to commit to attending regular Executive meetings but like the idea of joining a working party that does the bulk of the work by email. So please get in touch and say what your hopes for BACP Coaching are and how you might be able to help make them become reality.

When Gill asked me to join BACP's Coaching Executive and I came on board as communications specialist in March 2014, I didn't feel nearly qualified enough. Since then, and after becoming Chair Elect in October 2015, I've learned an enormous amount about this pioneering way of working. Best of all, I get to count our amazing team as friends.

Please don't discount what you have to offer and do contact me if you'd like to get involved in some way.

Happy New Year! And I look forward to hearing from you. ■



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