

Message from the Chair

In a recent newsletter, Kate Northrup, the financial coach and bestselling author of *Money: A Love Story*¹ admitted that it's only recently that she's started paying attention to the news.

As a teacher of the Law of Attraction, she explained that she hadn't wanted to focus on it. However, she recognised that being able to ignore the impact of politics on the lives of people without the choice to tune out, was also a mark of privilege.

Now she sees that we all need to pay attention, she has changed her stance, saying 'loving attention heals'. I cried reading it. I've been coaching since 2004 and while I've never bought into the cult of positivity, I've struggled to balance the need to stay awake to what's going on in the world as well as in my life, and to look at whatever it is, honestly. I haven't wanted to attract more of whatever I'm unhappy with; but surely, ignoring reality is denial.

Loving attention heals. Even typing that phrase leads me to an enormously relaxing long exhalation of relief. How might it feel for you to ponder 'loving attention heals'? To *allow* yourself to feel however you feel when reading about horrors like the Grenfell disaster, the Ku Klux Klan, the Nazis, the murder of Heather Heyer in Charlottesville, the mudslide in Sierra Leone or the attack in Barcelona?

I imagine, being a therapeutic coach, it feels natural to allow yourself to feel whatever you're feeling. That's part of our strength in what we offer. We know that as our clients get more in touch with their pain, sadness, grief, loss and anger, they're better able to access joy, hope, love, awe and experience more of the whole emotional landscape.

Psychosynthesis, my core counselling model, is very much about potential as well as wounding, so sits easily with coaching. The transpersonal (beyond the person) element is actually central to almost all types of coaching, even though many don't realise it. The late Sir John Whitmore, one of the two people credited with creating coaching as we know it, was married to Diane Whitmore, who had trained with Roberto Assagioli, the creator of psychosynthesis. She set up the Psychosynthesis Education Trust in London with Piero Ferrucci many decades ago.

In psychosynthesis, there's much talk about using 'bifocal vision' to see the client not just with the personality issues s/he brings, but to take a more expansive view, attempting to hold space for the deeper emergence of the soul in the issue.

It's one thing to do this with clients and to be able to be what Sonia Choquette calls 'believing eyes': helping them access that seed within, that, given the time and space to figure things out, knows how to grow and blossom.



With organisational, systemic and global events, it can be more challenging, but is even more important. Whether you want to make a positive difference in the world or whether something's happening in your personal life that you simply can't think positively about, what happens when you set an intention to heal the issue with loving attention?

To not punish yourself for having a negative thought but to soften your thinking around it, allowing that loving attention to heal whatever it might be? What happens when you think about the world or news item as a potential client and hold the space to see what's trying to emerge at a soul level?

Stephen Covey's coaching tools, the Circles of Influence and Concern, can be helpful too. Personally, I think increasing our influence to be of greater service in the world is better than burying our heads in the sand and simply trying to shrink our empathy and concern for others.

What helps you navigate the news and heartache? How do you look after yourself so you can hold that space for your clients, no matter what's going on in the world?

Working with Coaching day

Following the success of the Working with Coaching day for beginners in November 2016, we're holding a more advanced Working with Coaching day in January 2018.

This will be held in London on Monday 22 January and it is aimed at more experienced practitioners as well as those considering adding a coaching string to their bow.

At the time of writing, we on BACP's Coaching Executive, along with BACP's Events team, are enjoying reading the proposals submitted for workshops. Thanks to all of you who have contributed. It looks set to be an exciting day.

While the planning is in the early stages, the theme of the day is 'Coaching specific client groups, identifying your niche and marketing your offer effectively'.

We'll be looking at ways in which therapeutic skills can be enhanced by coaching skills to serve client groups you may not have considered. It will also look at different contexts for work (eg workplace and private practice).

Coaches will share insights from their own practice and you'll be encouraged to think about your own experience. This includes pre training as well as post qualification as it might point to a niche you've not considered.

We'll also cover supervision that supports and enables your development as a coach. As always, it's about working ethically and safely with our clients and connecting with other therapeutic coaches.

If you haven't already booked, you can do so via bacp.co.uk/events.

Get in touch

If you have any questions or thoughts you'd like to share about BACP Coaching (what would you like more or less of? How might we be more supportive?), please email me at the address below. I look forward to hearing from you. ■



Eve Menezes Cunningham

Chair, BACP Coaching

eve@feelbetteryday.co.uk

References

- 1 Northrup K. Money: a love story. London: Hay House Inc; 2013.