

Neuroscience and Coaching

Virtual workshop with Sheila Campbell-Lloyd

Neuroscience to aid a coaching conversation

This course is aimed at those who require coaching skills at a deeper level in order to bring about significant change in themselves, in others and in their organisations.

This workshop covers

Theory:

- ◆ Latest thinking on neuroscientific research
- ◆ Brain mechanisms associated with triggering stress and anxiety
- ◆ Mind-body-behaviour connection

Practice:

- ◆ How to integrate into your practice systemically:
 - How it affects you as a coach
 - The coachee
 - Your coach-coachee relationship
- ◆ Practical 'in workshop' application - triads
- ◆ Creating a safe and trusting environment

Reasons to enrol

A reduction in manpower, increased workload, tight deadlines, too much pressure and responsibility, coupled with a lack of managerial support are often cited as the main causes of work related stress, which during 2018/19 resulted in 45% of all working days lost due to ill health (Health and Safety Executive, 2019). However, a more worrying trend is the increase in presenteeism which has more than tripled since 2010 (CIPD 2018). It is therefore unsurprising that the topic of stress and anxiety is becoming a common denominator in coaching conversation, with many coachee's narratives corroborating the statistical evidence.

This two-day workshop will provide you with an understanding of the brain-body mechanisms associated with stress and anxiety and how they are triggered. From that you will practice implementing into a coaching conversation to help you better support your coachee with their work-related anxiety and thus help them perform more affectively.

To talk through the details of our programmes and how we can help you, please contact: Gina West
gina.west@aoec.com

Who is this course for?

- ◆ Practicing coaches of all levels / HR OD professionals
- ◆ Beginner level of understanding Applied Neuroscience

Accreditation

This four-half-day workshop will provide a Certificate of Attendance including 13 CPD hours.

2022 Dates

6th, 8th, 13th AND
15th September

Times

9.30am to 12.30pm

Fees

£585.00 + vat

Booking Procedure

Please fill in an application form at our [webpage](#).

Delivered

Via Zoom

Previous presentation feedback:

"As I had no previous knowledge of neuroscience, I found that Sheila managed to make the topic really accessible to a non-specialist audience, by using clear language and excellent visuals including the video"

"Firstly, it gives a great self-awareness of when one's own amygdala is being hijacked and that self-awareness is invaluable. I will be really interested to find ways to include in my coaching"

Client feedback:

"It has given me a real focus on how to reflect on situations effectively and to take control when under severe pressure. I am able to control my reaction and behaviour when I have high levels of stress to my advantage."

"I feel much more in control. I understand the flight, fight, freeze brain reactions which make complete sense and being able to identify and influence these reactions and subsequent behaviour is a really useful skill. This coaching also taught me techniques to relax out with work to de-stress."

Course Faculty

Sheila Campbell-Lloyd

Leadership Coach | Team & Group Coach |
International Coach supervisor

Sheila Campbell-Lloyd has over 20+ year's senior leadership experience across the public, private sector and third sectors. On leaving the engineering sector Sheila now manages her own coaching consultancy, working with both UK and international clients.

An AoEC graduate and an accredited leadership coach with a first-class MSc in Coaching and Behavioural Change from Henley Business School, Sheila uses her experience to support senior leaders systemically to achieve positive and lasting behavioural change whilst advancing their thinking to drive defined business performance and results.

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With a Post Graduate Diploma in Supervision from Ashridge Business School, Sheila creates a safe space to help her supervisees unpack, reflect and discover in a systemic way on their practice.

Sheila's academic research interests are in applied neuroscience in coaching/ leadership and the development of 'self'. Sheila lectures regularly on applied neuroscience in coaching and leadership and is an associate member of faculty with the Academy of Executive Coaching (AoEC).

Sheila's core values are: Safety, Caring, Trust, Discovery, Integrity.

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Academy of Executive Coaching

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