

# Gestalt Coaching Virtual Skills Workshop

Getting the best from our relationships with John Leary-Joyce

It's a fact, that when people communicate well, work is done more efficiently. Gestalt is a dynamic approach that focuses on maximising the quality and effectiveness of relationships through clarifying how our emotions block or enhance that communication.

This is specifically important in the Coach/Client relationship where the emphasis is on bringing discussions 'about' the clients situation into the room so that the coach can observe and comment on quality of the interaction in the Here & Now'.

Gestalt also has a fundamentally different approach to Change compared to the traditional training/teaching/ goal focused coaching methods. These are based on effort and trying to improve as opposed to Gestalt belief that by 'being yourself fully' change will occur. Strangely there is no effort involved, but it does require courage and willingness to explore who you really are!

## In this workshop John will:

- ♦ outline the five core principles of Gestalt and explain how they fit with coaching
- ♦ compare Gestalt to other psychological methods like NLP, Solutions Focused or Cognitive Behavioural coaching
- ♦ illustrate the principles with experiential exercises and examples
- ♦ explain the importance of 'the experiment' as a key intervention
- ♦ do a coaching demonstration with commentary so you see the application in practice
- ♦ provide you with Gestalt tools/techniques and opportunity to practice creating experiments with your coachee

John has written the definitive book on Gestalt Coaching – Fertile Void, Gestalt Coaching at Work. Read the complimentary Chapter 1 to get a flavour of his skill at making this sometime mystifying approach highly accessible.

This workshop will bring to life the written explanation in a very practical and highly experiential way.

## Dates

10th - 11th November 2021

## Times

12pm - 8pm GST (8am - 4pm GMT)

## Delivered

via Zoom

## Fees

AED 3,600 + 5% VAT  
(AoEC UAE Alumni get 10% discount, so AED 3,240 + 5% VAT)

For more information please contact:

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## Booking Procedure

Please register your interest at:  
[www.aoec.com/uae](http://www.aoec.com/uae)

# Gestalt Coaching Skills Workshop

with John Leary-Joyce



We asked senior managers from PwC, BBC and Prudential UK what they had gained from previous Gestalt programmes. This is what they said:

"Learning to tolerate ambiguity and uncertainty rather than being overwhelmed by it has given me greater confidence and stronger presence."

"I am much clearer about setting boundaries and negotiating contracts so I know what is my responsibility and what is the client's."

"Rather than rush in and try to control the awkward situations, I can now facilitate those difficult times so that something creative emerges."

"The discovery that my feeling response, is valuable information in how I facilitate or coach has given me a much broader and insightful range of interventions."  
"Overall, my ability to bring about change and have an impact has greatly increased."

## Faculty - John Leary-Joyce

As entrepreneurial founder and leader of AoEC, John understands the importance of teamwork and the value of team coaching. Over the last 20 years he has become widely recognised as a senior transformational coach, combining this with an initial 20-year career as a Gestalt psychotherapist, group facilitator and trainer. Author of the highly acclaimed book: Fertile Void, Gestalt Coaching at Work, a practical and effective methodology for individual and team coaching.

With substantial team building and OD experience he has become regarded as one of the top team coaches working in large organisations especially in legal and accountancy firms. He is senior faculty on the innovative Masters in Systemic Team Coaching programme which he co-designed with

Peter Hawkins and Hilary Lines and is delivered worldwide.

He has an MA in Executive Coaching, is an accredited coach with APECS, and ICF PCC, a qualified supervisor and frequent international conference presenter. His other passion is dancing Tango which he relates closely to leadership, coaching and teamwork.

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## Accreditation

This two-day workshop is accredited with the International Coach Federation (ICF for 12 CCEUs (Continuing Coach Education Units).