

# ○ The Well Resourced Coach

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A Workshop

19th - 21st  
October  
Lyrath Hotel  
Co Kilkenny

Replenish

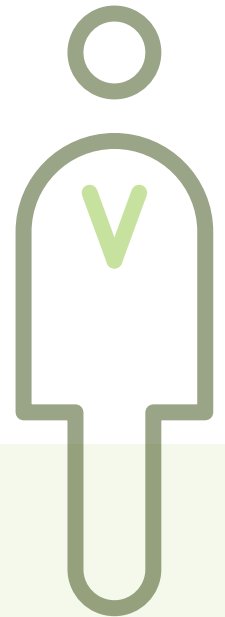
Resource

Renew

Revive



**Eileen Duggan** and **Pamela Fay** bring you a highly experiential three day residential workshop designed to resource you as a coach. This workshop will be focused on supervision and peer coaching. The middle day of three will be facilitated by **John Whittington** (author of [Systemic Coaching & Constellations](#)). John will offer an experiential introduction to constellations with a particular focus around how we can connect to our resources as human beings and as professional coaches. The day will be designed to resource and strengthen you at both the personal and professional level.



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## Overview

### **Supervising the system**

Group supervision to address shared themes and to reflect on the clients, ourselves and the systems that we are working within. The supervision will be grounded in the theory and practice of Gestalt. We will work in the “here and now” to reflect on what happened in the “there and then”.

### **Resourcing the Coach**

Constellations offer unique access to the invisible field of information and resources held in relational systems. Walking in this field enables coaches to respectfully access their own and other’s inner relationship systems and influence from the inside out. Facilitated by founder of Coaching Constellations and author of ‘Systemic coaching & Constellations’, John Whittington.

### **Peer coaching**

An opportunity to be coached and coach, reflect on and learn from the co-coaching experience with supporting each other’s personal and professional development.

The three day workshop will provide experiential learning through individual, paired and group work, journaling and reflection practises and networking opportunities with like-minded coaches in a relaxed environment. The agenda will allow for free space for your own personal reflective practice as well as facilitated group work. A certificate of attendance will be provided for all participants.

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## Location

Lyrath Estate Hotel, Kilkenny, providing everything you need to disconnect from your busy world and re connect and resource you as a coach in your personal and professional capacity.

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## Dates

The workshop begins on Monday 19th October at 10am and runs until Wednesday 21st at 3.30pm. To respect the group process we ask that participants attend from the beginning to the end of the workshop. We have limited space so early booking is recommended.

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## Price

### Full price

€1,850 plus VAT of 23%.

### Early bird

€1,600 plus VAT of 23% for invoices paid in full by 1st July 2020.

A non refundable fee of €500 secures a place on the workshop

**NOTE** The price covers three days of workshop content and relevant pre-reading material, two lunches and two evening meals, two nights accommodation (single room occupancy) and all teas and coffees.

Participants who wish to avail of the facilities in the health & spa are at an additional charge.



Please contact [eileen@duggancoaching.com](mailto:eileen@duggancoaching.com) or [pamela@pamelafay.ie](mailto:pamela@pamelafay.ie) for further information, booking and deposit details



### **Eileen Duggan**

As a qualified masters 'developmental Coach', with 25+ years of business and leadership experience. She collaborates with UCD Smurfit Business Graduate School, as tutor on their postgraduate Diploma in Executive and Business coaching and is accredited to senior practitioner level by the EMCC. Eileen facilitates the training in systemic coaching and constellations commencing in Dublin May 2020.

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### **Pamela Fay**

Pamela is an experienced and well qualified coach, coach supervisor and lecturer. She has worked as an executive coach since 2009 and a supervisor since 2013. Pamela specialises supervision with a Gestalt approach. She is lead lecturer on the UCD Smurfit School coaching diploma. Pamela is accredited to senior practitioner level by the EMCC and is also Ashridge accredited as an executive coach and supervisor.

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### **John Whittington**

John is the founder of Coaching Constellations. He is a relationship systems facilitator and coach working with individuals, leaders, teams and groups. All his work is designed to support the flow of life, leadership and organisational vitality, illuminating and resolving the hidden architecture and limiting dynamics that naturally occur in all systems. He is author of 'Systemic Coaching & Constellations' published in 3rd edition in April 2020.

