



# Courageous Coaching

## Having conversations that matter

**The climate, environmental and biodiversity crises are the greatest challenges facing humanity.**

- Are you a coach who wants to make a difference by supporting leaders and organizations to navigate these crises but unsure how best to do that?
- Are you wondering how to resource yourself and your coaching clients to work with the enormity and complexity of these issues, especially when the pace of change is so fast?
- Are you curious to understand what may be stopping you and your clients from having these conversations?

If you are a coach and would like to explore and co-create with other coaches how best to do this challenging work, then this course may be for you.

## How can we as coaches better engage to face the most important challenges of our time?

Drawing on an ecology of practices from *nature, wisdom traditions, the attitudes of mindfulness and neuroscience* this course supports you as a coach, to deepen your own inner work, and also invites you to cultivate *curiosity, compassion, and courage*, foundational traits for doing this work.

*“As coaches, we need to do our own inner work before we invite our clients to do theirs.”*

These practices will also support your coaching clients with their inner work, and more effectively engage in difficult conversations without succumbing to overwhelm. Integrating personal development and systemic frameworks we invite participants to experiment with and co-create pathways together to better support your clients to engage with these challenges.

### Who is this course for?

It's for *internal and external coaches* who wish to step into their power, encourage clients to do the same, and have conversations that matter. Coaches are invited on a *journey of discovery* over five months and to challenge their habitual ways of thinking, acting and being.

*Dates: (virtual online Zoom)*

*All sessions are Wednesdays on Zoom - 14:00 – 17:00 BST / IST*

*2022 February 9th Session 1; March 2nd Session 2; March 23rd Session 3; April 13th Session 4; May 11th Session 5; June 1st Session 6*

### Pricing

Including course materials, support emails, and peer coaching the **Early Bird price - extended to January 28th - is €445** and the full price is €550 (booking received from January 29th). If cost is a barrier to your participation, please contact us. Our intention is to make this programme available to coaches drawn to do this work.

## Course Outline:

This course draws from leading-edge practitioners including: Otto Scharmer, author of Theory U and Leading from the Emerging Future: From Ego-System to Eco-System Economies; Regenerative Leadership by Giles Hutchins and Laura Storm; Immunity to Change by Robert Kegan; The Work that Reconnects by Joanna Macy; and interweaves mindfulness and nature practices throughout the course.

**Between Sessions** you will have opportunities for: peer coaching; experimenting with different coaching practices, e.g. Walk 'n Talk Coaching, bringing nature practices into coaching, integrating the attitudes of mindfulness; building a coaching community.

**Course work:** there will be suggested reading and a variety of practices and materials provided for all sessions to help you maximise the value of your participation in the course.

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**2022** February 9th Session 1; March 2nd Session 2; March 23rd Session 3; April 13th Session 4; May 11th Session 5; June 1st Session 6

### **Wednesday February 9th Session 1: Finding Our Ground**

- Introductions & Exploring the Challenges Together
- Context: The Journey of Separation & A New Journey of Reconnection
- Mindfulness Attitudes & Practice: Beginner's Mind & Presence
- Bringing nature into Coaching & Coaching into Nature - Walk 'n Talk Coaching

### **Wednesday March 2nd Session 2: The Climate & Biodiversity Ecosystem and Landscape**

- Going Upstream together while cultivating Curiosity, Compassion, Courage
- Mindfulness Attitudes & Practice: Non-judging & Kindness
- The ecological, social and spiritual-cultural divides
- Self-Care Practices & being 'Wisely Selfish'

### **Wednesday March 23rd Session 3: Three Step Shift in Consciousness**

- Perspective taking & the Three Step Shift in Consciousness
- Mindfulness Attitudes & Practice: Letting Go and Gratitude
- Compassion: what's love got to do with it?

### **Wednesday April 13th Session 4: Going Upstream – The Invitation**

- Inviting clients upstream: Your Coaching Philosophy & Contracting
- Mindfulness Attitudes & Practice: Non-striving and Patience
- Skilfully bringing climate and biodiversity into coaching conversations – whose agenda is it?

### **Wednesday May 11th Session 5: What's mine to do?**

- How can we be good ancestors? Seven generations thinking
- Mindfulness Attitudes & Practice: Acceptance & Generosity
- Working with Leaders in Organisations The Reality and Challenges - Panel Discussion: with leaders from organisations (TBC)

### **Wednesday June 1st Session 6: Bringing it All Together**

- Stepping Into Your Power & co-creating a community to support you to do this work
- Mindfulness Attitudes & Practice: Wisdom and Compassion
- For a New Beginning.....

**To register or make further enquiries please contact:**

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## Course Facilitators:

### Grattan Donnelly

- Grattan Donnelly is a highly experienced coach, facilitator and trainer, passionately interested in how we can create a better world for all life.
- With a background in leadership and management development, Grattan has been coaching since 2006 and a leading figure bringing mindfulness into coaching since 2014.
- Grattan integrates neuroscience, mindfulness, somatic and nature practices into coaching, facilitating the people he works with to do deep transformational work and be at their best to contribute to a more peaceful world and healthier planet.
- He is a faculty member with both Dublin Business School and the Irish Management Institute and a keen sailor and dog walker.

### Chris Chapman

- Chris Chapman is an experienced systemic facilitator, working particularly with large diverse groups and communities of interest that go beyond single organisations.
- Most of Chris's current work is in the fields of education and sustainability. He has an MSc in Change Agent Skills and Strategies from the University of Surrey Business School and a particular interest in the relationship between adult development and our collective capacity to work well with complexity and uncertainty.
- Chris leads facilitation work at the beautiful Burren College of Art, helping organisations and systems to find creative approaches to complex challenges.

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work before we invite our clients to do theirs.”*

This course has been developed and is being delivered in association with ReSource@BCA. ReSource is a dedicated centre at the Burren College of Art that facilitates organisations and systems find creative solutions to complex issues.



In association with

