

Coaching at Work annual conference – 4th July 2018, London

Innovation and Creativity in Coaching and Mentoring

Coaching
at Work

Coaching at Work Annual Conference
4th July 2018
Holiday Inn, Bloomsbury, London

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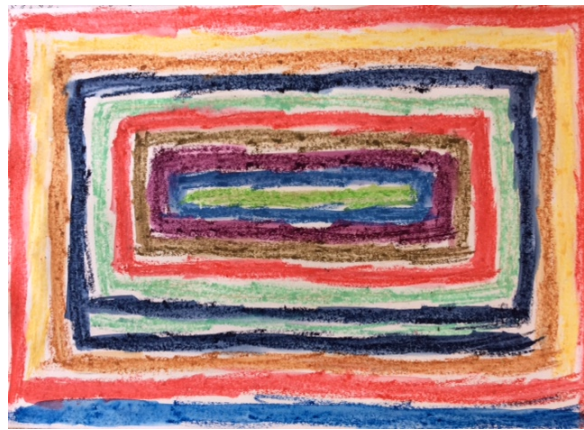
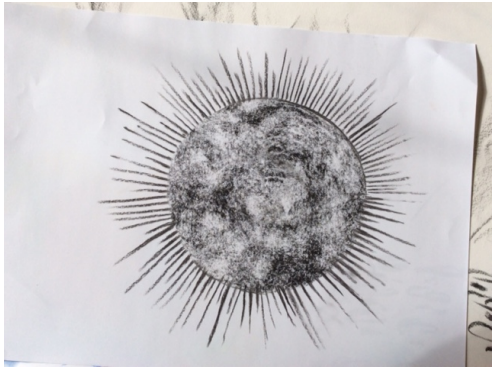
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Art! Creating transformational conversations

Anna Sheather

ART IN COACHING



'I didn't feel I could be artistic and it was a revelation how much I got from just a few scribbles - understanding the power of just putting something down on paper and not thinking in words' Rosemary

'Normally I have to work quite hard to get through the analytic stage of unpicking (talking it through)... making the image visible through art by passed this getting me straight to the issue without any disguise...' Ann

'It is a short cut to accessing deeper emotions and the elements behind why people are stuck - accessing the right brain, unlocking creativity and accessing deeper meaning' Rosemary



‘... this is a depiction of the tension between growth and constraint, between innovation and reservation, that seemed to be a unifying theme across the issues I had been contemplating earlier, although I hadn’t recognised it as such at that point.’

‘It was a revelation to me that I still felt an outsider in this job’





‘...I had a sudden realisation that my self-imposed unacceptable otherness stems entirely from my very early childhood experiences... which are long behind me. I am still sometimes sad for the hurt little-girl-me, but I recognise that I can safely let all of that go now!’

‘I still find it completely fascinating that these truths have emerged so quickly and profoundly, enabling me to articulate what have until now been nothing more than gut feelings’



'... I was struck by a thought that had an almost visceral impact on me "I want to be with M by the sea." This felt incredibly strong and certain and really took me by surprise!'

'... there was an added sense of feeling like I was coming home. Coming home to the real me who has been missing presumed lost for a long time now. WOW – this quite a profound realisation...'

'... maybe this is the reason that water has been a recurring theme in my images? Not because I am afraid of it, but because I want to be closer to it?.'

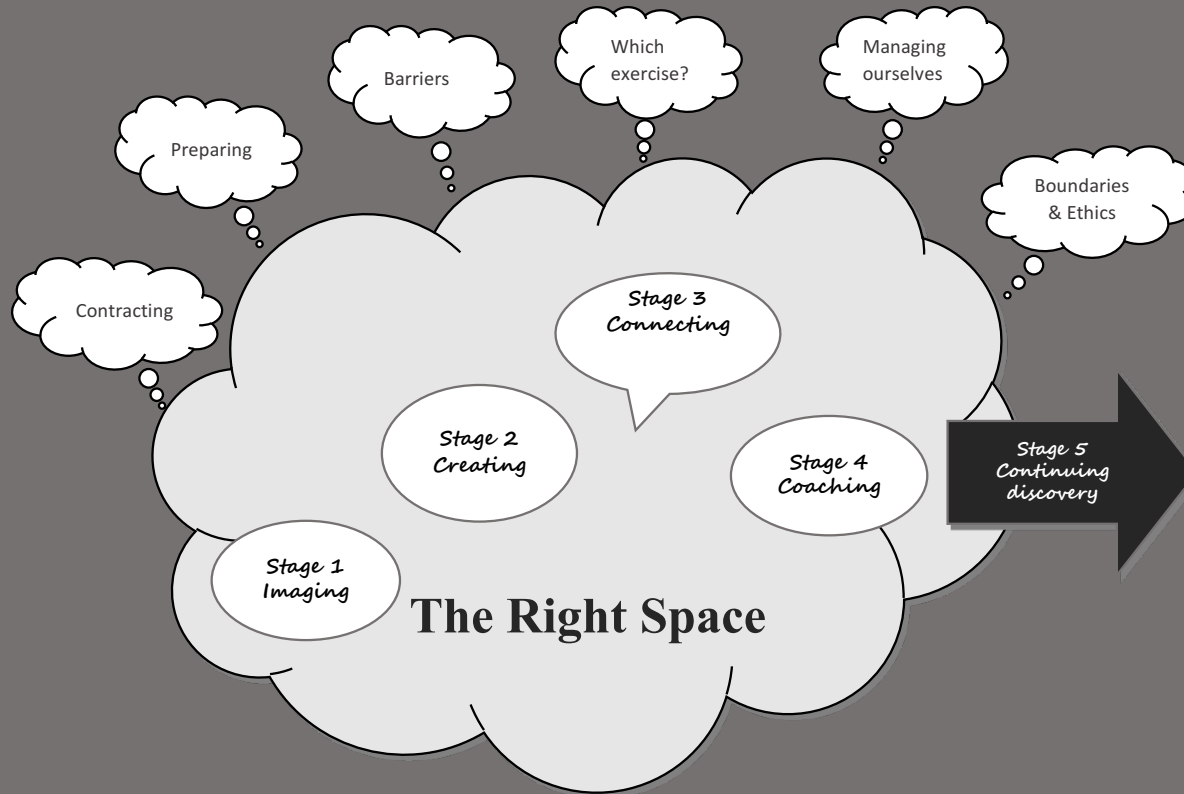


‘...I did not start to write the book... however the Art in Coaching process was completely successful in that I started to write articles about my research, understand the relevance of the research to my practice and longer-term goals. Most importantly, I eventually pinpointed exactly what aspects of the research I wanted to write about... my goal changed and my understanding deepened through the Art in Coaching experience.’





Coaching with Art





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www.artincoaching.co.uk