Webinar with Dr Catherine Sandler:
Executive Coaching: A Psychodynamic Approach

This interactive online workshop is for you if you are a practising coach interested in learning more about the psychodynamic model and how to apply it to your work. It will deepen your understanding of why clients want to increase their leadership effectiveness yet often fail to achieve sustainable behavioural change. It will also give you new insights into the emotional dynamics of first coach-client meetings (or 'chemistry checks') and how to build a powerful rapport as quickly as possible.

Catherine's book, *Executive Coaching: A Psychodynamic Approach* (McGraw-Hill, 2011) is recommended though not essential reading for this event. For more information and reviews of the book, see http://www.amazon.co.uk/Executive-Coaching-Psychdynamic-Approach-practice/dp/0335237932/ref=sr

In the session Catherine will provide a concise introduction to key psychodynamic concepts, specifically:

- The central role of emotions, conscious and unconscious, in driving our thoughts and behaviour.
- The patterns we all develop to defend ourselves against everyday anxiety and how we can learn to manage them better.
- The way in which the 'here and now' of the coach-coachee relationship can provide valuable clues to understanding the client's inner world.

Catherine will draw on case-material from her own practice to illustrate how she applies these ideas and how they help clients learn to play to their strengths while addressing the beliefs and behaviour which is holding them back.

The number attending this workshop will be limited to maximise interaction so early booking is advised.

Attendees will be given the slides used in the webinar and a recording of the session. A CPD certificate is available on request.

Date: Wednesday 28th April 2021

Time: 12.30 – 14.30 (GMT)

Fee: £60 + VAT

Registration: To sign up for this event please email the Sandler Consulting practice manager, Beth Thompson, on beth@sandlerconsulting.co.uk