Welcome to an exploring coaching session on micromastery

Part 1: Making Sense

Your best hopes of this morning?
Today

10.00   Introduction – Making Sense to you

10.30   A live COACH session by Dr Dee, followed by dialogue about how the session addressed “making sense” and the importance of Sense of coherence

11.30   The coaching team model and exploring how to connect to Sense of Coherence – Marjorie Godfrey

12.00   Summary and take away
Creating one short video message per group to others who were not in the room

12.30   Lunch
Coach

Coaching

Bringing a person (or a group) from where they are to where they want to be

If it does not make sense, people will not move or .......... move in another direction that makes more sense to them
So the roll of the coach……

Coaching Go

- CoachingGo
- # CoachngGO
To be continued about Coaching

- **Part 2:** 28th February 13.15pm – 16.45pm
  Micromastery and Micro-mesosystem Improvement - Coaching: Learn Small, Learn Fast

- **Part 3:** 2th March 13.00pm – 15.00pm
  Micromastery in Coaching for Quality Improvement – Latest research in coaching

To be continued about Leadership

- **28th February 13.15pm – 16.45pm**
  Resilience and Wellbeing-masterclass for leaders

  The participants will be invited to apply the model at micro and meso levels during the class and to discuss how they could practically take the model forward in their own work.
Have a great learning day

Let all the kristall in you and in the room shine