



A new year and a new growing network for BACP Coaching

Joanne Wright of the BACP Coaching Executive
provides members with an update on developments
in the coaching network groups

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What's in a Name? was the title of our first BACP Coaching network meeting for 2023. This online meeting in January was an opportunity for us to explore how we describe ourselves and what we do – whether we call ourselves personal consultants, dual practitioners, therapeutic coaches, or if we keep our coaching and counselling practices completely independent from each other. It was fascinating to hear how our members navigate being both a coach and a counsellor, and to have an opportunity to discuss the barriers and complexities we encounter when practising within both disciplines.

As we entered the new year, we thought it worthwhile to look back and reflect on our own journeys in organising these groups for the division; what we have learnt and what benefits the groups have brought to BACP Coaching and to each of us, personally and professionally. It's been wonderful to see our tribe of like-minded practitioners grow beyond our expectations. Our mission is to build a friendly, supportive group of individuals who both counsel and coach, who can support, debate and share knowledge with each other. We have also welcomed therapists who are interested in training to become coaches and want to find out more, and I am pleasantly surprised to see many familiar faces each time we meet.

Who we are

It has been over 12 months since we took over from former BACP Coaching Executive member, Tom Andrews, in hosting these meetings. I am privileged to share the responsibility for organising and hosting with two wonderful colleagues, **Yvonne Inglis** and **Claire Hornsby**. Yvonne, like me, is a member of the BACP Coaching Executive, and Claire joins us all the way from the US.

I want to pause here briefly to take time to thank Tom. When I think back to our initial handover meetings, I felt that I was 'held in mind', an expression my own supervisor uses regularly in relation to working with clients. I felt that even though we had a handover, he was still holding the space, gently and supportively, until we were independently able to find our own feet and take things in our own direction. As a result, the three of us felt safe enough to take risks and get on with organising and hosting. If this is the feeling that he gives to his clients, I suspect he must be a wonderful counsellor.

Reflecting on my own role in these meetings, I thoroughly enjoy meeting and welcoming new members and hearing their stories. Most of all, hosting these groups has given me a lot more confidence in my own practice. I tend to work by bringing my whole self to the room, so will merge both counselling and coaching competences for the benefit of the person in front of me, and I work

mostly with individuals in the workplace or small business owners. However, as this is a relatively new way of thinking about how we practise, compared with many other theoretical practices, it's reassuring being around individuals with similar mindsets, but who can also challenge my own thinking. My colleagues Claire and Yvonne each have their own thoughts about what the sessions bring to them.

Claire Hornsby:

Like Joanne, I have developed a blended model: adapting my approach to whatever my client needs in the session. I have found leading with a coaching approach, supported by an ability to take the work to a more therapeutic level as needed, fits comfortably with my style and personal philosophy, but this took me a few years and the support of my coaching peers to get to. As a UK-trained therapist and newly qualified life coach living in Cincinnati in the US, I felt like I was in 'no-man's land', trying to find a way forward. It was at this point I met former BACP Coaching Executive network host and organiser Tom Andrews, and was relieved to learn I was not alone; I realised there were others like me working hard to incorporate this newer coaching approach into our work and extend the support we could offer our clients. Taking on a hosting role after attending one meeting felt like jumping in at the deep end, but I was so happy to have the

Feedback from some of our member participants includes*

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It was great to connect with other coach/therapists and share experiences about the challenges and opportunities of dual practice.

An excellent opportunity to be with like-minded individuals and to debate and share experiences.

I loved the very open and free-flowing formats of the breakout rooms, which enabled us to speak about what was important to us. Coaching is my absolute passion and joy, and I love meeting and hearing from people who are on that journey from therapist to coach.

The breakout room session was 30 minutes, but went by so quickly. I'm really looking forward to the opportunity to meet everyone again next time, and any new people.

Thank you for organising and hosting today's event! I had new information about coaching accreditation and new thoughts about how to describe my work and ideal client.

Insightful and supportive.

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*Included with permission

opportunity to work with Joanne and Yvonne and learn with them as we worked things out together. Although I love my life in Cincinnati, I do treasure my UK roots and the people who help me stay connected, and Joanne, Yvonne and the BACP Coaching network members do just that.

Yvonne Inglis:

I really value being part of the BACP Coaching Executive and through this being part of the networking group, working alongside Joanne and Claire. We have a great working relationship, and it's fabulous to have the opportunity to meet up with other dual practitioners or coach and/or counsellor-curious folk who also value the opportunity to talk to other, like-minded people. Like the others, I bring all of myself into my sessions, which means all of my skills and experience, offering a bespoke, blended approach, depending on my clients' needs. I feel there is definite movement on coaching requirements from organisations, who are looking for a combination of coaching and mental health experience, so that their employees feel supported in an appropriate way. Not everyone needs to be referred for counselling, but providing coaching with a combination of counselling skills can fully support employees' needs. There has never been a better time to upskill in either direction. The networking meetings provide a fantastic opportunity to mull over all of these things and also expand our personal networks.

If you want to learn more about us, our full biographies are available on the BACP Coaching division network events page at: www.bacp.co.uk/bacp-divisions/bacp-coaching/networking-events-and-opportunities

What we do

We aim to host four BACP Coaching network meetings each year, and our first gathering of 2022 enabled our members to shape the topics going forward. They chose: the differences between coaching and therapy; transitioning to dual practice; and the meeting that became *What's Your Story?* at our November meeting, which was an exploration of how practitioners now practise. All attendees in November reported that the meeting was a good use of their time and that they gained more insight.

As one of our recent participants fed back, our delivery style is 'warm and friendly', which sees our participants all speaking freely with lively debates.

Our network meetings are free to attend for BACP members, but places are limited, so early booking is advised. You can also follow us on social media on our LinkedIn and Facebook pages (search for 'BACP Coaching'), where all the network meetings will be posted.

Please feel free to contact us at the addresses on previous page with any questions you may have about the sessions. Feedback is also always welcome from our regular attendees.

We look forward to welcoming some more of you this year; and if you haven't come along yet, to ask a traditional coaching question: 'What's stopping you?!' ■

If you have any questions about BACP network meetings, please email communities@bacp.co.uk

Coming up

Our next meeting will be held on 15 May 2023, when we will be discussing BACP's new coaching competences. To book your place, please visit the BACP Coaching division events page at:

www.bacp.co.uk/bacp-divisions/bacp-coaching/networking-events-and-opportunities

