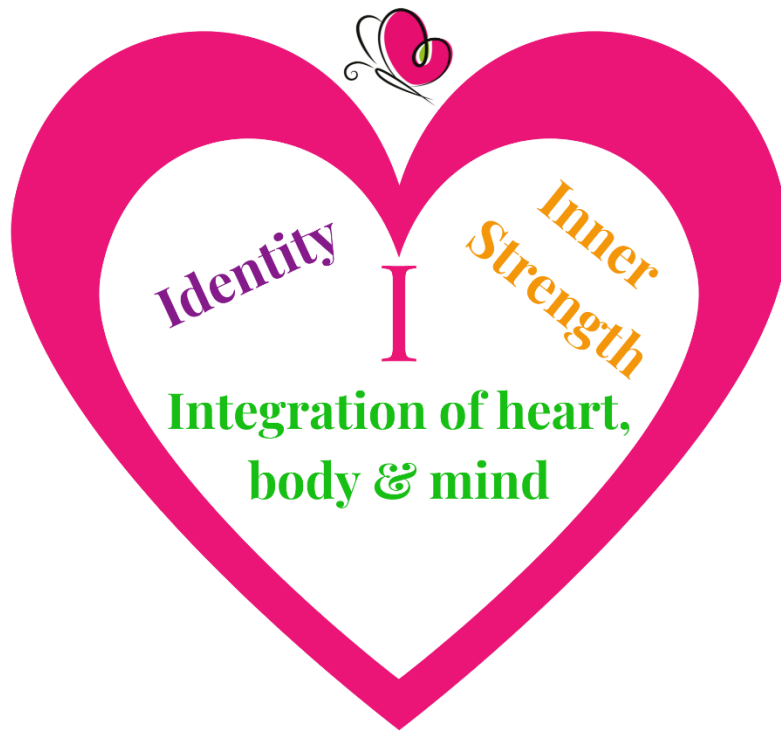


So WHO AM I now?

Group Coaching Programme




Catherine Gorham

So Who Am I Now?
Group Coaching Programme

Are you recovering after a long-term relationship break-up? Are you unsure who you are now and feeling vulnerable as you seek your new identity? Would you welcome some additional support to help you on your journey towards finding your unique self?

Then this is for YOU: a regular, gentle closed holding space over 4 months for 4-8 women to be encouraged and celebrated, and to support each other, on a journey of discovery: *So Who am I Now?*

The gift for you:

- A co-created safe space to welcome vulnerability and not yet knowing.
- A golden thread throughout of kindness and compassion to self and others, weaving between us and holding us together.
- A mix of creative soul-led activities to support your inner transformation, including working with imagery, colours, poetry, Nature, music, movement.
- Coaching exercises to help you focus in on those aspects of your next life chapter that require loving attention and crafting anew – whether personally and/or professionally.
- A regular invitation to reflect, celebrate your growth and cultivate your inner wisdom.
- Suggested homework between sessions to stay focused on your journey of discovery and to lean in to your personal areas of stretch.
- You will be held with gentleness, compassion and psychological safety – and a degree of challenge, if invited.
- 1 x 1.5 hr individual coaching session with me to be taken when it suits you – before or during the programme.
- Discounted additional coaching sessions until end 2023.



Take-aways:

- A clear sense of your unique identity: who you are and what is yours to be and do in the world; more ease in embodying this identity.
- Greater inner and outer confidence and personal agency.
- Pride in your strengths and a toolkit for drawing on these when things feel difficult.
- Increased muscle tone, agility and resourcefulness to manage the challenges of life as you adjust to being on your own.
- A regular somatic practice that works for you – to stay grounded, compassionate to self and others, and connected to your 'I'.
- A vision board for 2024 with personal strategies for making it *your* year.

Practical details:

- Commencing Tuesday 12 September 17:30 – 19:00 BST.
- 8 x 1.5 hr Zoom sessions: mid September – mid December, meeting fortnightly at the same time, to accommodate those from UK, Europe and US.

NB. This is a group coaching programme, it is not designed to be a substitute for in-depth individual therapeutic interventions.

Next step:

If this appeals to you, please contact me for an introductory chat, without obligation.

About me:

I've been on a personal journey of building myself anew following the break-up of my long term relationship. Now I'm ready to support others to do the same, drawing on my learning from the uncoupling process and recognising what I'd wished I had as a resource at the time.

I am an independent EMCC Accredited Coach (Senior Practitioner)/Accredited Supervisor and a Fellow of the Association of Coaching. My portfolio is diverse, including coaching leaders in the NHS, police and renewable energy.



Co-creating psychological safety is the cornerstone of all my client work and I am accredited as a practitioner in the Psychological Safety Index. I work with a wide range of creative approaches and modalities (including TA, Gestalt, NLP) in order to access the unconscious and thereby accelerate a sustainable internal shift in clients. As supervisor, I offer a number of specialist groups for coaches, some have been running for over 4 years. I am Supervisor for Sanctus, supporting coaches, individually and in groups, to hold a safe space for employees to explore their mental health and wellbeing.

Drawn to ecotherapy training by my passion for the natural world, I specialise in integrating Nature as Dynamic Co-partner within my coaching and supervision practice and have a book chapter on Group Supervision with Nature as Dynamic Co-Partner within Jo Birch's edited book 'Group Coaching Supervision. Resourcing Practitioners' (2021).

Others' experiences of being held by me in a group process:

"Catherine is highly intuitive, adapting her approach to each person's needs. I have witnessed my peers do powerful work and have felt safe to express my vulnerabilities."

"Her creative approaches help unlock what is going on; I have taken away some profound insights from the sessions, which have undoubtedly improved my practice as a coach."

"I particularly love the opportunity to centre through mindful practice and the use of nature and natural images. Somehow this offers a lighter way into even the most difficult topics, as you enable us to move between our conversation and the wider natural system. I feel challenged and nourished at the end of each session."

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