



Professor Anthony Grant is globally recognised as a key pioneer of Coaching Psychology and evidence-based approaches to coaching. Anthony left school at the age of fifteen with no qualifications and trained as a carpenter. Embarking on a second career in direct sales he began tertiary studies in 1993 as a mature age student, commencing a third career in psychology his 40's. He holds a BA (Hons), an MA in Behavioural Science and a PhD on Coaching Psychology. In January 2000 Anthony established the world's first Coaching Psychology Unit at Sydney University where he is the Director of the Coaching Psychology Unit. He has over 100 coaching-related publications and over 5000 hours

of coaching experience as well as extensive organisational consulting experience on leadership and coaching issues. He is a Visiting Professor at Oxford Brookes University and Henley Business School and an Associate Fellow at the Saïd School of Business, Oxford University. In 2007 Anthony was awarded the British Psychological Society Award for outstanding professional and scientific contribution to Coaching Psychology. In 2009 he was awarded the "Vision of Excellence Award" from the Institute of Coaching at Harvard for his pioneering work in helping to develop a scientific foundation to coaching. He was a 2014 Scientist in Residence for the ABC - the Australian National Broadcaster and in 2016 was awarded the Australian Psychological Society "Workplace Excellence Award for Coaching and Leadership". In 2017 he received the "Contribution to Coaching Award" from Reading University's Henley Business School. He enjoys playing loud (but unfortunately not particularly Claptonesque) blues guitar.

Workshop, 5 September , 9.00am – 5.00pm

Evidence-based Coaching: Deepening Our Understanding, Extending Our Practice

Too often as coaches we plough on in our work without having the opportunity to truly extend our perspectives and practices and to ground those on a solid foundation. This workshop presents the core components of an evidence-based approach to coaching as developed at the world-renowned University of Sydney's Coaching Psychology Unit, and will extend coaching practitioners' understanding in terms of coaching models and skills practice. In this Workshop you will explore simple but powerful coaching models and practices which are solidly evidence-based and that real depth to your coaching practice. We will also discuss some of the helpful and unhelpful issues for clinicians seeking to look to coaching as an alternative or supplement to clinical work. Pre-readings will be supplied. This is a rare opportunity to work with Professor Anthony Grant from the University of Sydney's Coaching Psychology Unit and to develop both your theoretical understanding and your coaching skill set.

Workshop Aims

The aim is to extend and develop your skills and understanding of Evidence-based Coaching, and how to translate evidence-based theory into coaching models and actual coaching practice.

Workshop Content

Each part of the Workshop incorporates intensive coaching skills practice with a solid theory foundation.

1. Understanding Evidenced-based Coaching
 - Why an evidence-base matters to you and your client
2. Clinician to Coach?
 - Helpful and unhelpful issues to consider
3. Three Types of Coaching
 - How to avoid common pitfalls
4. Connecting with the Client
 - The Three Reflective Spaces Model
5. Extending Solution-focused Perspectives
 - The Steps to Solutions Model
6. Expanding the Use of CBT in Coaching Practice
 - Solution-focused CBT and the House of Change Model
6. Rethinking Coaching Session Structures
 - Beyond GROW: Refining your coaching skills using the Reflection-in-Practice Approach as a developmental tool
7. Clarifying and Developing
 - Q & A session