



This is my Continuing Professional Development log since Alpamayo Coaching Ltd came into being in 2015. It captures 892 hours of timetabled learning and if that does not demonstrate how important learning is to me I don't know what does! I have no idea of how much time in addition to this I spend reading and writing about coaching, and reflecting on my coaching partnerships.

My coaching practice is informed by every single one of these experiences, all of which are influenced by my nearly 40 years of professional experience, and slightly more than that of lived experience!

If you are interested in working with me and drawing on my unique approach, please do reach out using the contact details in the footer of this document.

Ref no.	Date	Duration (h)	Format	Organisation	Topic
1	12/09/2023	2	Training	UK ICF	The Dimensional Faces of Systems in Coaching with Mohamed Sharaf Eldin
2	11/09/2023	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
3	09/09/2023	7	Training	Newfield Institute	Ontological Coaching and Leadership in action with Karen White and Jeremy Stunt
4	08/09/2023	7	Training	Newfield Institute	Ontological Coaching and Leadership in action with Karen White and Jeremy Stunt
5	07/09/2023	7	Training	Newfield Institute	Ontological Coaching and Leadership in action with Karen White and Jeremy Stunt
6	06/09/2023	1	Supervision	John Johnstone (KYM)	1-2-1 Virtual
7	07/08/2023	1	Supervision	Henry Champion	1-2-1 Virtual
8	27/07/2023	1	Convener/Facilitator	Know You More	Collective conversation: Discussion on the experience of diversity
9	03/07/2023	1.5	Convener/Facilitator	Know You More	Expert Live: Physical Intelligence with Claire Dale and Kevin Chapman
10	30/06/2023	0.5	Participant	HSD Institute	Enquiry is the answer

11	05/06/2023	1	Supervision	Henry Campion	1-2-1 Virtual
12	01/06/2023	20	Participant	Canadian Centre for Brief Coaching	Spread over a month of virtual self paced sessions: Intro to coaching using the Dialogic Orientation Quadrant
13	22/05/2023	1.5	Convener/ Facilitator	Know You More	Expert Live: Human System Dynamics with Royce Holladay and Miriam Bayes
14	28/03/2023	1.5	Convener/ Facilitator	Know You More	Expert Live: Territory Mapping with Anthony Willoughby
15	16/03/2023	1	Convener/ Facilitator	Know You More	Collective conversation: Discussion on the experience of coaching in 2022
16	15/03/2023	1	Participant	Holocon2023	How Positive Leadership Can help us to lead and learn through complexity and chaos, Cornelia Lucey (author of positive leadership in practice with Jolanta Burke)
17	15/03/2023	1	Participant	Holocon2023	Action Logics and Vertical Development, Danny Morris/ Sarah Audsley
18	13/03/2023	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
19	28/02/2023	3.5	Participant	Gillian McMicheal Full Circle	ICF Team Coaching Training with Full Circle S4
20	21/02/2023	3.5	Participant	Gillian McMicheal Full Circle	ICF Team Coaching Training with Full Circle S3
21	15/02/2023	1	Supervision	Henry Campion	1-2-1 Virtual
22	14/02/2023	3.5	Participant	Gillian McMicheal Full Circle	ICF Team Coaching Training with Full Circle S2
23	13/02/2023	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
24	08/02/2023	2	Session co- Leader	Build Up KYM	Facilitated discussion on participant agenda on coaching learning and practice (Group reflection session)
25	06/02/2023	3.5	Participant	Gillian McMicheal Full Circle	ICF Team Coaching Training with Full Circle S1
26	23/01/2023	1.5	Convener/ Facilitator	Know You More	Expert Live: Decluttering with Ingrid Pope

27	12/01/2023	1.25	Participant	UK ICF	Demystifying the Principles and Practices of dealing with the Unexpected in Team Coaching
28	09/01/2023	1	Participant	UK ICF Thriving in extraordinary times	How to Bring our Brain's Best to Thrive in Extraordinary Times (video)
29	09/01/2023	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
30	20/12/2022	2	Participant	Tim Segaller	Mindfulness in Coaching S6
31	15/12/2022	1	Convener/Facilitator	Know You More	Collective conversation: Discussion on the experience of coaching in 2022
32	14/12/2022	1	Supervision	Henry Champion	1-2-1 Virtual
33	13/12/2022	1	Convener/Facilitator	Know You More	Collective conversation: Discussion on the experience of EdScot programmes
34	13/12/2022	2	Participant	Tim Segaller	Mindfulness in Coaching S5
35	12/12/2022	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
36	08/12/2022	1.5	Participant	EMCC Global Providers Summit	EMCC Global event: Efficacy and effectiveness in coaching research and practice with Andrew Parsons
37	06/12/2022	2	Participant	Tim Segaller	Mindfulness in Coaching S4
38	29/11/2022	2	Participant	Tim Segaller	Mindfulness in Coaching S3
39	22/11/2022	1.5	Convener/Facilitator	Know You More	Expert Live: Person centred coaching with Andrew Woodward
40	22/11/2022	2	Participant	Tim Segaller	Mindfulness in Coaching S2
41	17/11/2022	1	Convener/Facilitator	Know You More	Collective conversation: Discussion on the experience of coaching on Build Up
42	16/11/2022	1	Participant	UK ICF	Inclusion and belonging special interest group
43	16/11/2022	1.5	Participant	EMCC Global Providers Summit	Applying Inclusion, Diversity & Equality to Team Coaching, Coaching and Mentoring Practice
44	16/11/2022	1.5	Participant	EMCC Global Providers Summit	Enhancing Civic Impact and Transformation through University Collaboration
45	16/11/2022	1.5	Participant	EMCC Global Providers Summit	The Metaconversations: Assumptions, biases, and choices of people in conversations, <b>Haesun Moon (great)</b>
46	15/11/2022	2	Participant	Tim Segaller	Mindfulness in Coaching S1

47	14/11/2022	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
48	12/11/2022	2	Participant	UK ICF Thriving in extraordinary times	Why is everyone talking about embodiment? With Claire Dale and Kevin Chapman
49	11/11/2022	1	Participant	UK ICF Thriving in extraordinary times	Coaching Lessons from Ukraine with Mark Walsh
50	10/11/2022	2	Participant	UK ICF Thriving in extraordinary times	Becoming iconic in a post pandemic age with Tammy Erickson
51	09/11/2022	1	Participant	UK ICF Thriving in extraordinary times	How to masterfully navigate the exponential age with Azeen Azhar
52	09/11/2022	2	Participant	UK ICF Thriving in extraordinary times	Where is hope hiding? Patterns of possibility in turbulent times with Glenda Eoyang
53	26/10/2022	1	Supervision	Henry Champion	1-2-1 Virtual
54	19/10/2022	1	Convener/Facilitator	Know You More	Collective conversation: Discussion on the experience of coaching on Level Up
55	11/10/2022	1.5	Convener/Facilitator	Know You More	Expert Live: Coaching in the cross-cultural space with Camilla Degerth and Veronica de la Fuente
56	10/10/2022	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
57	05/10/2022	1	Participant	UK ICF	Demystifying the principles and practices of team coaching
58	21/09/2022	2	Session co-Leader	Build Up KYM	Facilitated discussion on participant agenda on coaching learning and practice (Group reflection session)
59	14/09/2022	2	Session Leader	Build Up KYM	Facilitated session and coach observation of trainee coaches (coaching practice workshop)
60	07/09/2022	2	Session Leader	Build Up KYM	Delivered experiential learning session to Build Up 2022-23 participants (Coaching fundamentals workshop)
61	24/08/2022	2	Session co-Leader	Build Up KYM	Facilitated discussion on BUSS packets 5-8 in Build Up 2022-23
62	18/08/2022	1	Supervision	Henry Champion	1-2-1 Virtual
63	27/07/2022	2	Session co-Leader	Build Up KYM	Facilitated discussion on BUSS packets 1-4 in Build Up 2022-23

64	26/07/2022	1.5	Convener/ Facilitator	Know You More	Expert Live: Navigating the Labyrinth of Grief and Trauma through Neuroscience and Coaching with Colleen Lightbody
65	15/06/2022	1	Supervision	Henry Campion	1-2-1 Virtual
66	13/06/2022	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
67	08/06/2022	1	Convener/ Facilitator	Know You More	Collective conversation: Discussion on the experience of coaching on EdScot programmes
68	23/05/2022	1.5	Convener/ Facilitator	Know You More	Expert Live: Overcoming Imposter Syndrome + Self-Worth vs Self-Esteem with John Perry
69	19/05/2022	1	Convener/ Facilitator	Know You More	Collective conversation: Coaching enquiry
70	18/05/2022	1.5	Session co- Leader	Build Up KYM	Facilitated discussion on participant agenda on coaching learning and practice (Group reflection session)
71	09/05/2022	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
72	04/05/2022	1.5	Group discussion, contributor	Know You More	KYM team coaching, a welcoming space
73	21/04/2022	1	Convener/ Facilitator	Know You More	Collective conversation: Microaggressions
74	11/04/2022	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
75	06/04/2022	1	Supervision	John Johnstone (KYM)	1-2-1 Virtual
76	04/04/2022	1	Supervision	Henry Campion	1-2-1 Virtual
77	29/03/2022	1.5	Convener/ Facilitator	Know You More	Expert Live: Neurodiversity in Coaching with Alicja Nocon
78	09/03/2022	1	Supervision	John Johnstone (KYM)	1-2-1 Virtual
79	24/02/2022	1	Convener/ Facilitator	Know You More	Collective conversation: Discussion on the experience of coaching on EdScot programmes
80	23/02/2022	2	Session Leader	Build Up KYM	Closing session of Build Up
81	09/02/2022	1.5	Session co- Leader	Build Up KYM	Facilitated discussion on participant agenda on coaching learning and practice (Group reflection session)

82	08/02/2022	1	Supervision	Henry Campion	1-2-1 Virtual
83	02/02/2022	2	Session Leader	Build Up KYM	Facilitated session and coach observation of trainee coaches (coaching practice workshop)
84	27/01/2022	1	Convener/ Facilitator	Know You More	Collective conversation: Open Discussion on Coaching Practice
85	26/01/2022	2	Session Leader	Build Up KYM	Delivered experiential learning session to Build Up participants (Coaching fundamentals workshop)
86	24/01/2022	1.5	Convener/ Facilitator	Know You More	Expert Live: Neurodiversity in Coaching with Alicja Nocon
87	19/01/2022	2	Webinar leader	Natalie Lancer	The Inner Game of Researchers at the mega study hub
88	13/01/2022	1	Supervision	John Johnstone (KYM)	1-2-1 Virtual
89	13/01/2022	1	Supervision	John Johnstone (KYM)	1-2-1 Virtual
90	10/01/2022	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
91	13/12/2021	1	Supervision	Henry Campion	1-2-1 Virtual
92	13/12/2021	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
93	08/12/2021	1	Supervision	John Johnstone (KYM)	1-2-1 Virtual
94	08/12/2021	1.5	Session co- Leader	Build Up KYM	Facilitated discussion on participant agenda on coaching learning and practice (Group reflection session)
95	01/12/2021	2	Session Leader	Build Up KYM	Facilitated session and coach observation of trainee coaches (coaching practice workshop)
96	25/11/2021	2	Group discussion, contributor	Salisbury ICF group	Session on Neurodiversity and coaching (Katie Friedman, Lynne Tapper of Goldmind)
97	23/11/2021	1	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
98	23/11/2021	1.5	Convener/ Facilitator	Know You More	Expert Live: Firo B in coaching with Pat Young
99	16/11/2021	1	Supervision	Henry Campion	1-2-1 Virtual

100	08/11/2021	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
101	28/10/2021	2	Session co-Leader	Salisbury ICF group	With <b>Marco Frangos</b> talking about our WARES (non spaces, wild margins)
102	27/10/2021	1.5	Session co-Leader	Build Up KYM	Facilitated discussion on participant agenda on coaching learning and practice (Group reflection session)
103	22/09/2021	1.5	Session Leader	Build Up KYM	Facilitated discussion on participant agenda on coaching learning and practice (Group reflection session)
104	21/09/2021	1.5	Convener/Facilitator	Know You More	Expert Live: Mindful attention in coaching with <b>Anne Macdonald</b>
105	16/09/2021	1	Convener/Facilitator	Know You More	Collective conversation: Open Discussion on Coaching Practice
106	15/09/2021	2	Session Leader	Build Up KYM	Facilitated session and coach observation of trainee coaches (coaching practice workshop)
107	13/09/2021	1	Supervision	Henry Champion	1-2-1 Virtual
108	13/09/2021	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
109	08/09/2021	2	Session Leader	Build Up KYM	Delivered experiential learning session to Build Up participants (Coaching fundamentals workshop)
110	25/08/2021	2	Session leader	Know You More	Workshop to support BUSS learning on Build Up programme
111	09/08/2021	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
112	28/07/2021	2	Session leader	Know You More	Workshop to support BUSS learning on Build Up programme
113	22/07/2021	1	Convener/Facilitator	Know You More	Collective conversation: Social media presence and rebrand
114	19/07/2021	1.5	Convener/Facilitator	Know You More	Expert Live: Coaching young leaders with <b>Natalie Lancer</b>
115	14/07/2021	1	Supervision	Henry Champion	1-2-1 Virtual
116	13/07/2021	3	Coach observation and feedback	Maximum (ICF)	Assessment on Module 15 of Deutschbank Cohort
117	22/06/2021	1.5	Session leader	KYM/ EdScot	Leading discussion on coaching skills development with teachers
118	09/06/2021	1.5	Session leader	KYM/ EdScot	Leading discussion on coaching skills development with teachers

119	25/05/2021	1.5	Convener/ Facilitator	Know You More	Expert Live: What am I inviting? with <b>Sarah Lowes</b>
120	24/05/2021	1	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
121	13/05/2021	1	Convener/ Facilitator	Know You More	Collective conversation: Inclusion and Diversity discussion
122	10/05/2021	1	Supervision	Henry Campion	1-2-1 Virtual
123	10/05/2021	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
124	06/05/2021	1.5	Session leader	KYM/ EdScot	Leading discussion on coaching skills development with teachers
125	05/05/2021	1.5	Session leader	KYM/ EdScot	Leading discussion on coaching skills development with teachers
126	04/05/2021	1.5	Webinar	ICF Neuroscience	Q and A session with all presenters on the ICF Neuroscience in Coaching course
127	29/04/2021	1.5	Webinar	ICF Neuroscience	The Neuroscience of Consciousness: How Coaching Creates a More Effective Brain with <b>Anne Betz</b>
128	26/04/2021	6	Coach observation and feedback	Maximum (ICF)	Module 2 of 2021 Open Cohort inc coaching practice observation
129	26/04/2021	6	Coach observation and feedback	Maximum (ICF)	Module 2 of 2021 Open Cohort inc coaching practice observation
130	22/04/2021	1.5	Webinar	ICF Neuroscience	Brain conversation for Coaches with <b>Luca Berni</b>
131	19/04/2021	1.5	Webinar	ICF Neuroscience	Neuroscience and the Well- Being Muscle with <b>Xavier Scholl</b>
132	15/04/2021	1	Convener/ Facilitator	Know You More	Collective conversation: with prospective Build Up Faculty
133	15/04/2021	1	Convener/ Facilitator	Know You More	Collective conversation: with prospective Build Up participants
134	13/04/2021	1.5	Webinar	ICF Neuroscience	The Neuroscience of "Lions and Tigers and Bears, OhMy!" Conquering Fears, Anxiety and Stress with Evidence-based Strategies with The Neuroscience of "Lions and Tigers and Bears, OhMy!" Conquering Fears, Anxiety and Stress with Evidence-based Strategies.
135	12/04/2021	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion



136	08/04/2021	1.5	Session leader	KYM/ EdScot	Leading discussion on coaching skills development with teachers
137	07/04/2021	1.5	Session leader	KYM/ EdScot	Leading discussion on coaching skills development with teachers
138	30/03/2021	1.5	Webinar	ICF Neuroscience	Mind Warriors – The Neuroscience Of Coaching Habits And Addiction with <b>Dr Colleen Lightbody</b>
139	29/03/2021	1.5	Convener/ Facilitator	Know You More	Expert Live: An introduction to Gestalt coaching with <b>John Johnstone</b>
140	24/03/2021	1.5	Webinar	ICF Neuroscience	Human Being vs Human Doing in a time of ongoing crisis – focusing on the whole person from a neuroscience perspective with Hetty Brand-Boswijk
141	24/03/2021	3	Coach observation and feedback	Maximum (ICF)	Assessment on Module 4 of Deutschbank Cohort
142	16/03/2021	1.5	Webinar	ICF Neuroscience	Why Neuroscience Myths Matter in Coaching with <b>Patricia Riddell</b>
143	15/03/2021	1	Supervision	Henry Champion	1-2-1 Virtual
144	08/03/2021	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
145	04/03/2021	1	Session leader	KYM/ EdScot	Leading discussion on coaching skills development with teachers
146	04/03/2021	1.5	Convener/ Facilitator	Know You More	How can coaching support intergenerational voices in environmental leadership
147	03/03/2021	1	Session leader	KYM/ EdScot	Leading discussion on coaching skills development with teachers
148	18/02/2021	1	Convener/ Facilitator	Know You More	Collective conversation: Coaching 18-25 yr olds
149	09/02/2021	1	Session leader	Salisbury Chamber	What about me: Self care for individuals and organisations
150	08/02/2021	2	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
151	02/02/2021	1	Webinar	NOBCO	Intercultural coaching
152	26/01/2021	1.5	Convener/ Facilitator	Know You More	Expert Live: Five Crucial Steps to a highly successful coaching business with <b>Lisa Farr</b>
153	22/01/2021	1	Contributor	NHS Education Scotland	Delivery of Q and A at NES Scotland Wellbeing Festival

154	21/01/2021	1	Convener/ Facilitator	Know You More	Collective conversation: Coaching evolving through 2021
155	18/01/2021	1	Supervision	Henry Campion	1-2-1 Virtual
156	11/01/2021	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
157	14/12/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
158	26/11/2020	6	Coach observation and feedback	Maximum (ICF)	Coach observation of open ICF coaching training module 2
159	23/11/2020	1.5	Convener/ Facilitator	Know You More	Expert Live: Knock, Knock. Whose there? A journey into relational landscapes with <b>Marcos Frangos</b>
160	17/11/2020	1	Webinar	Lumina learning	The impact of C19 on personality and behaviour preferences
161	28/10/2020	1.5	Convener/ Facilitator	Know You More	Expert Live: with <b>Marco Blankenburgh</b>
162	26/10/2020	1	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
163	29/09/2020	1.5	Convener/ Facilitator	Know You More	Expert Live: Uncommon mindset with <b>Csaba Toth</b>
164	22/09/2020	1	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
165	16/09/2020	1	Convener/ Facilitator	Know You More	Collective conversation: CfW
166	14/09/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
167	09/09/2020	1	Supervision	Henry Campion	1-2-1 Virtual
168	19/08/2020	1	Convener/ Facilitator	Know You More	Collective conversation: CfW
169	10/08/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
170	05/08/2020	1	Convener/ Facilitator	Know You More	Collective conversation: DEI
171	27/07/2020	1	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
172	20/07/2020	1.5	Convener/ Facilitator	Know You More	Expert Live: Ontological coaching with <b>Alan Sieler</b>
173	16/07/2020	1	Convener/ Facilitator	Know You More	Collective conversation

174	13/07/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
175	07/07/2020	1	Supervision	Henry Champion	1-2-1 Virtual
176	25/06/2020	1	Convener/Facilitator	Know You More	NES Collective conversation
177	17/06/2020	1.5	Convener/Facilitator	Know You More	Expert Live: Virtual Tools
178	11/06/2020	2	Session leader	Salisbury Young CoC	Self care and wellbeing
179	08/06/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
180	28/05/2020	2.5	Session leader	Salisbury ICF Group	What does story telling have to add to a coaches repetoire
181	27/05/2020	1.5	Virtual training	marcos frangos	landscapes of change
182	19/05/2020	1	Supervision	Henry Champion	1-2-1 Virtual
183	07/05/2020	1.5	Session Leader	Salisbury ICF ICW event	Good Relationships - more than just standing in another persons shoes?
184	30/04/2020	2.5	Session leader	Salisbury ICF Group	Lead a Session on Kano and Coaching
185	20/04/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
186	13/04/2020	1	Virtual training	Lumina learning	Making Virtual Work for You
187	26/03/2020	2.5	Group discussion, contributor	Salisbury ICF Group	Coaching discussion
188	22/03/2020	1.5	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
189	22/03/2020	1.5	Webinar	Know You More	Expert Live: Storytelling with <b>Kevin Anderson</b>
190	19/03/2020	1	Virtual training	Lumina learning	Practitioner Group
191	11/03/2020	1	Supervision	Henry Champion	1-2-1 Face to Face
192	09/03/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
193	04/03/2020	7	Coach observation and feedback	Maximum (ICF)	Coach observation and assessment at Max Coaching Open Cohort Session 4
194	10/02/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion

195	30/01/2020	2.5	Group discussion, contributor	Salisbury ICF Group	Coaching discussion
196	28/01/2020	1.5	Webinar	Know You More	Attachment theory for coaches with Henry Champion
197	22/01/2020	1	Webinar	Lisa Farr	What marketing works for a coaching business?
198	21/01/2020	0.75	Webinar	Damion Wonfor/ Toni	Unconscious Bias
199	20/01/2020	1.5	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
200	13/01/2020	1	Supervision	Henry Champion	1-2-1 Face to Face
201	13/01/2020	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
202	16/12/2019	1.5	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
203	09/12/2019	1	KYM	Know You More	KYM Collective Conversation
204	13/11/2019	7	Coach observation and feedback	Maximum (ICF)	Assessment on Module 4 of Deutschbank Cohort
205	12/11/2019	1.5	Webinar	WBECS	Foundations of Coaching: Start Fast, David Peterson and David Goldsmith
206	11/11/2019	1.5	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
207	11/11/2019	1	Supervision	Henry Champion	1-2-1 Virtual
208	11/11/2019	2.5	Group discussion, contributor	Hampshire Coaching Group	Many to one coaching scenario and group discussion
209	21/10/2019	1.5	Group supervision	Know You More	Peter Welch Supervision (virtual, group)
210	17/10/2019	7	Coach observation and feedback	Maximum (ICF)	Attendance and coach observation at Max Coaching Open Cohort Session 1
211	08/10/2019	1	Webinar	Elizabeth Crosse	Enhancing our ability to Foster the Coaching Relationship
212	26/09/2019	1	Webinar	Lisa Farr	1-2-1 Virtual
213	23/09/2019	1	Supervision	Henry Champion	1-2-1 Virtual
214	18/09/2019	7	Coach observation and feedback	Maximum (ICF)	Attendance and coach observation at Deutschbank Course Module 2
215	17/09/2019	1	Group supervision	Know You More	Kate Hesk Supervision

216	14/09/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
217	12/09/2019	1	Webinar	Lisa Farr	How to get paid what you are worth
218	11/09/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
219	09/09/2019	1	webinar	Lumina learning	Innovation and Lumina Spark
220	14/08/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
221	12/08/2019	1	Supervision	Henry Champion	1-2-1 Virtual
222	18/07/2019	1	Group supervision	Know You More	Kate Hesk Supervision
223	15/07/2019	1	webinar	Association of Coaching	Live Coaching Demo: A psychodynamic approach to executive coaching
224	12/07/2019	1	webinar	Association of Coaching	The Key to Coaching Millenials and Generation Z
225	10/07/2019	4	Group discussion, leader	Improvement CoP	Soft systems methodology and coaching practice
226	10/07/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
227	04/07/2019	7	Coach observation and feedback	Maximum (ICF)	Assessment on Module 4 of Open Cohort
228	24/06/2019	1	online webinar	ICF PCC Markers	Hosted and delivered by Elizabeth Crosse
229	19/06/2019	1	Supervision	Henry Champion	1-2-1 Virtual
230	18/06/2019	0.75	online webinar	WBECS	Emotions Centred Coaching: <b>Dan Newby</b>
231	18/06/2019	1	Group supervision	Know You More	Kate Hesk Supervision
232	17/06/2019	0.75	online webinar	WBECS	Coaching with Radical Presence: The Four Thresholds our Clients need to Cross: <b>David Drake</b>
233	13/06/2019	0.75	online webinar	WBECS	Executive Presence: Developing Confidence, competence and influence beyond formal authority; <b>Harrison Monarth</b>
234	13/06/2019	0.75	online webinar	WBECS	Quieting self doubt in our clients and ourselves: <b>Tara Mohr</b>

235	11/06/2019	0.75	online webinar	WBECS	Practical Ways to Use the Five Languages of Appreciation in Coaching: <b>Dr Paul White</b>
236	05/06/2019	0.75	online webinar	WBECS	Systemic Coaching: Delivery value beyond the individual and the team: <b>Peter Hawkins</b>
237	04/06/2019	0.75	online webinar	WBECS	You can't coach what your client won't say: <b>Jonathan Reitz</b>
238	03/06/2019	1	online webinar	ICF	PCC Markers and how to achieve the: <b>Duncan Coppock</b>
239	22/05/2019	4	Group Discussion	Improvement Cop	Soft systems methodology
240	08/05/2019	1.5	Networking	Salisbury Chamber of Commerce	Networking lunch at Wiltshire College
241	08/05/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
242	02/05/2019	7	Coach observation and feedback	Maximum (ICF)	Module 2 of 2019 Open Cohort
243	10/04/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
244	30/03/2019	6	Conference	University of Winchester	Learn, Engage, Play (Lego Serious Play)
245	11/03/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
246	05/03/2019	7	Coach observation and feedback	Maximum (ICF)	Module 4 of British Council cohort
247	13/02/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
248	06/02/2019	4	Group discussion, contributor	Improvement CoP	UoW, UN Sustainability goals, systems thinking
249	28/01/2019	1	Group supervision	Know You More	Ocado collective conversation
250	11/01/2019	1	Group supervision	Know You More	Gloucester collective conversation
251	10/01/2019	2.5	Coach observation and feedback	Maximum (ICF)	Virtual observation and feedback on coaching triads (Zoom)
252	09/01/2019	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion (Balint came up)

253	14/12/2018	1	Supervision	Henry Campion	1-2-1 Virtual
254	04/12/2018	3	Group discussion, contributor	Lumina learning	Masterclass session
255	24/10/2018	4	Group discussion, leader	Improvement CoP	Grant Thornton Collaboration Centre, Disruption
256	10/10/2018	2	Supervision	Henry Campion	
257	10/10/2018	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
258	12/09/2018	1	Supervision	Henry Campion	
259	12/09/2018	4	Face to face training	Improvement CoP	University of Bournemouth
260	12/09/2018	2.5	Group discussion, contributor	Association of Coaching	Many to one coaching scenario and group discussion
261	10/09/2018	1	Supervision	Henry Campion	
262	02/08/2018	7	Coach observation and feedback	Maximum (ICF)	Coaching assessment of ICF Hackney Cohort
263	01/08/2018	7	Coach observation and feedback	Maximum (ICF)	Contribution to Hackney cohort in Part 3 (values etc)
264	19/07/2018	2.5	Face to face training	Uni of Southampton	Eve Turner group supervision session
265	04/07/2018	6	Coach observation and feedback	Maximum (ICF)	Coaching assessment of ICF London Cohort
266	20/06/2018	4	Face to face training	Improvement CoP	Lego Serious Play (Ben) and KETSO
267	18/06/2018	0.75	online webinar	WBECs	Emotions in Coaching: <b>Robert Biswas Diener</b>
268	14/06/2018	4	Face to face training	Lumina learning	Lumina Practitioner Day
269	13/06/2018	0.75	online webinar	WBECs	Demonstrating deep coaching: <b>Rich Litvin</b>
270	13/06/2018	2.5	Group discussion, contributor	Association of Coaching	Transformational Coaching (riff on Marcia Reynolds): <b>Henry Campion</b>
271	12/06/2018	0.75	online webinar	WBECs	Coaching the confused generation: <b>Ram S Ramanathan</b>
272	08/06/2018	0.75	online webinar	WBECs	Conflict Resolution: <b>Aldo Civico</b>
273	07/06/2018	0.75	online webinar	WBECs	The neurobiology of intuitive intelligence: <b>Amanda Blake</b>

274	05/06/2018	0.75	online webinar	WBECS	Radically improving your closure with coaching clients: <b>Alisa Cohn</b>
275	05/06/2018	6	Coach observation and feedback	Maximum (ICF)	Contribution to ICF 2018 cohort in Part 3 (values etc)
276	04/06/2018	0.75	online webinar	WBECS	Curiosity - a foundation for transformational Change: <b>Pamela Richarde</b>
277	01/06/2018	0.75	online webinar	WBECS	Bringout out your inner business person - and immunity to change approach: <b>Lisa Lahey</b>
278	30/05/2018	0.75	online webinar	WBECS	How to avoid being coached: <b>Micheal Bungay Stanier</b>
279	29/05/2018	0.75	online webinar	WBECS	Only the Shadow Knows: Helping clients to learn from adversity; <b>David Drake</b>
280	23/05/2018	3.5	Face to face training	Improvement CoP	Constellations run by <b>Marcos Frangos</b> at Hazel Hill Wood
281	17/05/2018	1.5	Online webinar	WBECS	Creativity Change and the Competitive Edge: <b>Cathy Salit</b>
282	16/05/2018	1.5	Online webinar	WBECS	Coaching for Team Performance: <b>Philip Sandahl</b>
283	10/05/2018	4.5	Face to face training	Uni of Southampton	Eve Turner group supervision session. Careers Coaching Presentation (Andy Port and Rob Wood)
284	09/05/2018	6	Group discussion, contributor	ICF Hants	Contribution to the ICF International Coaching Week meeting (Grant Thornton)
285	19/04/2018	1	Group discussion, contributor	Know You More	Conversational Intelligence discussion
286	18/04/2018	2.5	Group discussion, leader	Association of Coaching	Understanding and living our own coaching models
287	27/03/2018	1.5	Online webinar	WBECS	Immersion session: Conversational Intelligence: <b>Judith Glaser</b>
288	18/03/2018	3	Group discussion, leader	Improvement CoP	Future working, the productivity puzzle and generational working
289	15/03/2018	1	Online workshop	Know You More	Collaboration Webinar 3
290	14/03/2018	2.5	Group discussion, contributor	Association of Coaching	Using ancillary items in support of their coaching led by Julia Bennell
291	08/03/2018	1.5	Online webinar	WBECS	The New Frontier In Systemic Team Coaching: Beyond The



					High Performing Team - Part 2: <b>Peter Hawkins</b>
<b>292</b>	01/03/2018	1	Supervision	Uni of Southampton	1-2-1 supervision with Eve T.
<b>293</b>	01/03/2018	1	Online workshop	Know You More	Collaboration Webinar 2
<b>294</b>	28/02/2018	1.5	Online webinar	WBECS	Myths, Magic, And More: The Science Behind 'Neuro-Innovation' 2.0: <b>Judith Glaser</b>
<b>295</b>	22/02/2018	1	Online workshop	Know You More	Collaboration Webinar 1
<b>296</b>	22/02/2018	1.5	Online webinar	WBECS	The Power of Context to Generate Results That Matter: <b>Bob Dunham</b>
<b>297</b>	21/02/2018	2.5	Group discussion, leader	Association of Coaching	Taboos in Coaching - A workshop discussion led by Jeremy Hinks
<b>298</b>	21/02/2018	1.5	Online webinar	WBECS	Neuroscience for Coaches 2: <b>Amy Brann</b>
<b>299</b>	19/02/2018	1	Webinar, presenter	Know You More	From a spark to a flame - a webinar led by Jeremy Hinks
<b>300</b>	31/01/2018	3	Group discussion, contributor	Improvement CoP	Shaping the Agenda for 2018
<b>301</b>	22/01/2018	1	webinar	Know You More	Emotional Intelligence
<b>302</b>	18/01/2018	1.5	Online webinar	WBECS	The Secret to Stepping Outside Your Comfort Zone to Get the Results You Want: <b>Andy Molinsky</b>
<b>303</b>	10/01/2018	2.5	Group discussion, chair	Association of Coaching	The positive side of Stress led by Nicky Rowe
<b>304</b>	04/01/2018	1.5	Online webinar	WBECS	Whole person coaching: <b>Michael K. Simpson</b>
<b>305</b>	13/12/2017	5	Group discussion, leader	Improvement CoP	The Future Workplace
<b>306</b>	30/11/2017	1.5	Online webinar	WBECS	What coaches prefer not to think about: <b>David Clutterbuck</b>
<b>307</b>	23/11/2017	2	Group supervision	Uni of Southampton	Stress Management, Wellbeing and Resilience: <b>Dr John Perry</b>
<b>308</b>	15/11/2017	2	Online webinar	WBECS	How to rewind your story when you get triggered: <b>David Drake</b>
<b>309</b>	09/11/2017	1.5	Online webinar	WBECS	Gestalt Coaching Theory, Tools & Techniques: <b>James Leary Joyce</b>
<b>310</b>	08/11/2017	2.5	Group discussion, contributor	Association of Coaching	A discussion around GESTALT

311	02/11/2017	1.5	Online webinar	WBECS	How to make a meaningful connection: <b>Joshua Spodek</b>
312	02/11/2017	1.5	Online webinar	WBECS	Creating a World Class Company Culture: <b>Cameron Herold</b>
313	26/10/2017	1.5	Online webinar	WBECS	Transforming Through Trust: How Coaches Can Induce Powerful Change Using Five Dimensions of Trust: <b>Krishna Kumar</b>
314	26/10/2017	1.5	Online webinar	WBECS	Leadership Embodiment - How The Way We Sit And Stand Can Change The Way We Think And Speak: <b>Wendy Palmer</b>
315	26/10/2017	1.5	Online webinar	WBECS	Boost Your Coaching Relevance by Turning Insights into Action: <b>DeAnne Aussem</b>
316	25/10/2017	1	Face to face training	Uni of Southampton	Pioneers, Philosophers and Psychopaths: <b>Prof Nick Maguire</b>
317	24/10/2017	1	webinar	Know You More	A Coaches Guide to Marketing Clarity: <b>Kevin Anderson</b>
318	23/10/2017	2	Workshop	ICF Hants	Thinking about coach mentoring and coach supervision
319	23/10/2017	2	Face to face training	Allstar Marketing	Kick start your marketing
320	19/10/2017	1.5	Online webinar	WBECS	Coaching your clients to lead and live at their best: <b>Scott Eblin</b>
321	12/10/2017	1.5	Online webinar	WBECS	Mindfulness, Emotional Intelligence & High Performance Leadership and Coaching: <b>Dan Goleman</b>
322	11/10/2017	2.5	Group discussion, leader	Association of Coaching	How to close a coaching session or relationship
323	05/10/2017	1.5	Online webinar	WBECS	Blue Ocean Shift - Beyond Competing: Proven Steps to Inspire Confidence and Seize New Growth: <b>Renee Mauborgne</b>
324	02/10/2017	1	webinar	Know You More	Art in Coaching: Jenny Bird and Sarah Gornall
325	28/09/2017	1.5	Online webinar	WBECS	Can you prove your coaching works with Rol: <b>Lisa Ann Edwards</b>
326	25/09/2017	2	Workshop	ICF Hants	Action learning sets in supervision
327	21/09/2017	1.5	Online webinar	WBECS	Accelerated Masterclasses in Executive coaching development: <b>John Mattone</b>
328	14/09/2017	1.5	Online webinar	WBECS	Unlock your potential : <b>Jan Muhlfelt</b>

329	13/09/2017	2.5	Group discussion, contributor	Association of Coaching	Discussion of inspiring coaching books
330	13/09/2017	3	Group discussion, contributor	Improvement Cop	Visual Leadership
331	07/09/2017	1.5	Online webinar	WBECS	Disrupt Yourself 2: Putting The Power Of Disruptive Innovation To Work. <b>Whitney Johnson</b>
332	31/08/2017	1.5	Online webinar	WBECS	What the world needs from coaching: support for making real change in real time (Narrative coaching): <b>David Drake</b>
333	08/08/2017	6	Face to face training	Lumina learning	Lumina Emotion Practitioner training, Day 2 of 2
334	07/08/2017	6	Face to face training	Lumina learning	Lumina Emotion Practitioner training, Day 1 of 2
335	26/07/2017	2	Workshop	ICF Hants	Co-coaching training
336	22/07/2017	7	Observer and critical friend	James Lind Alliance	Observation of facilitation at a James Lind PSP
337	12/07/2017	3	Group discussion, contributor	Improvement CoP	Exploring change from a leadership lens
338	12/07/2017	2.5	Group discussion, leader	Association of Coaching	What I have (or have I) learned from WBECS sessions (led by me), peer coaching session
339	11/07/2017	3	Group discussion, contributor	Improvement CoP	Managing successful programmes
340	23/06/2017	1	Online webinar	WBECS	Neuroscience for Coaches: <b>Amy Brann</b>
341	21/06/2017	7	Face to face training	Lumina learning	Lumina Spark Practitioner training, Day 3 of 3
342	20/06/2017	7	Face to face training	Lumina learning	Lumina Spark Practitioner training, Day 2 of 3
343	18/06/2017	1	Online webinar	WBECS	The Five Dimensions of Trust: <b>Krishna Kumar</b>
344	15/06/2017	1	Online webinar	WBECS	Gestalt Coaching: A practical approach: <b>John Leary Joyce</b>
345	15/06/2017	1	Online webinar	WBECS	Team Building and Social Coherence: <b>Deborah Rozma</b>
346	14/06/2017	2.5	Group discussion, chair	Association of Coaching	Developing a mindset for success (Jo D), peer coaching session
347	13/06/2017	1	Online webinar	WBECS	Building a World class company culture: <b>Cameron Herold</b>

348	12/06/2017	1	Online webinar	WBECS	The Courage To Coach: How To Have The Guts To Create Breakthrough Moments. <b>Marcia Reynolds</b>
349	09/06/2017	1	Online webinar	WBECS	Disrupt Yourself: Putting The Power Of Disruptive Innovation To Work. <b>Whitney Johnson</b>
350	06/06/2017	1	Online webinar	WBECS	How To Get The Best Out Of Coach Supervision. <b>Dr David Clutterbuck</b>
351	05/06/2017	1	Online webinar	WBECS	The New Frontier In Systemic Team Coaching: Beyond The High Performing Team. <b>Peter Hawkins</b>
352	18/05/2017	2	Group supervision	Uni of Southampton	Internal coaching, group supervision
353	15/05/2017	7	Face to face training	Lumina learning	Lumina Spark Practitioner training, Day 1 of 3
354	10/05/2017	2.5	Group discussion, contributor	Association of Coaching	Getting the most from supervision (Henry)
355	12/04/2017	2.5	Group discussion, contributor	Association of Coaching	Time to think (led by Kim), peer coaching session
356	03/04/2017	2	Group supervision	Know You More	Collective supervision conversation hosted by Kate H
357	22/03/2017	2	Group supervision	Uni of Southampton	Internal coaching, group supervision
358	21/03/2017	1	Face to face training	Victoria Smisek	Mindfulness training at NETSCC
359	15/03/2017	3	Group discussion, contributor	Improvement CoP	Leading and sustaining improvement 2
360	08/03/2017	2.5	Group discussion, contributor	Association of Coaching	What Coaching means to me (Sally G); peer coaching session
361	10/02/2017	2	Face to face training	Motivation Map	Motivational mapping analysis by Nikki P-J
362	08/02/2017	2.5	Group discussion, contributor	Association of Coaching	Setting up a coaching practice (David R), peer coaching session
363	25/01/2017	3	Group discussion, contributor	Improvement CoP	Leading and sustaining improvement 1
364	12/01/2017	2	Group supervision	Uni of Southampton	Internal coaching, group supervision
365	11/01/2017	2.5	Group discussion, chair	Association of Coaching	Pluralism in coaching, peer coaching session

366	14/12/2016	3	Group discussion, contributor	Improvement CoP	Human Dynamics of Change
367	14/12/2016	2.5	Group discussion, contributor	Association of Coaching	Left and Right brain (led by Henry), peer coaching session
368	17/11/2016	2	Group supervision	Uni of Southampton	Internal coaching, group supervision
369	09/11/2016	2.5	Group discussion, leader	Association of Coaching	What coaching means to me (lead by me), peer coaching session
370	12/10/2016	2	Group discussion, contributor	Association of Coaching	Constellations (Neil W), peer coaching session
371	22/09/2016	6	Face to face training	Maximum (ICF)	Coaching and Wellbeing (E Crosse)
372	21/09/2016	3	Group discussion, contributor	Improvement CoP	Successful stakeholder management
373	20/09/2016	6	Face to face training	ILM	ILM L7 training with Charlie W (Dorking)
374	15/09/2016	2	Group supervision	Uni of Southampton	Internal coaching, group supervision
375	14/09/2016	2	Group discussion, contributor	Association of Coaching	Physical metaphors; symbolic modelling (Linda), peer coaching session
376	05/08/2016	1	Supervision	Maximum (ICF)	Part of Maximum Coaching follow up: E Crosse
377	04/08/2016	2	Group supervision	Uni of Southampton	Internal coaching, group supervision
378	21/07/2016	1	Supervision	Maximum (ICF)	Part of Maximum Coaching follow up: E Crosse
379	11/07/2016	2	Supervision	Peer coaching	Discussion with Janet P
380	14/06/2016	2	Group supervision	Uni of Southampton	Internal coaching, group supervision
381	08/06/2016	2.5	Group discussion, contributor	Association of Coaching	NLP Techniques: Values Elicitation, Time Line and Anchoring 2 (Neil W), peer coaching session
382	26/05/2016	1	Face to face training	Maximum (ICF)	Part of Maximum Coaching follow up: E Crosse
383	25/05/2016	6	Group discussion, contributor	Improvement CoP	Change Dynamics - The Human Dimension
384	11/05/2016	2.5	Group discussion, contributor	Association of Coaching	NLP Techniques: Values Elicitation, Time Line and Anchoring 1 (Neil W), peer coaching session
385	21/04/2016	2	Group supervision	Uni of Southampton	Internal coaching, group supervision

386	29/02/2016	7	Face to face training	Latitude Coaching	Thinking Environment Foundation Day 2 (Dickens)
387	15/02/2016	7	Face to face training	Latitude Coaching	Thinking Environment Foundation Day 1 (Dickens)
388	10/02/2016	3	Group discussion, contributor	Improvement CoP	ProSci Approach to Change Dynamics
389	28/01/2016	1	Group supervision	Uni of Southampton	1-2-1 Supervision
390	06/01/2016	2	Group supervision	Uni of Southampton	Internal coaching, group supervision, monkey on the back
391	09/12/2015	2.5	Group discussion, leader	Association of Coaching	Reframing (led by me), peer coaching session
392	11/11/2015	2.5	Group discussion, contributor	Association of Coaching	Using Strengths cards (Sue G), peer coaching session
393	14/10/2015	2	Group supervision	Uni of Southampton	Group supervision (Stefan scenario)
394	14/10/2015	2.5	Group discussion, contributor	Association of Coaching	Three way contracting (Vince), peer coaching session
395	09/09/2015	2.5	Group discussion, contributor	Association of Coaching	Consciousness (Henry), peer coaching session
396	17/08/2015	2	Group supervision	Uni of Southampton	Establishment of a learning agreement; contracting
397	01/08/2015	60	Face to face training	Maximum (ICF)	Contact teaching associated with ICF credentialing qualification