



**Lane4/Middlesex University
Coaching Performance Excellence Programme**

2010 Timetable and Information

Wed 17th & Thurs 18th March 2010 Workshop 1

- What is Coaching for Performance?
- How your attitudes and beliefs affect how you coach
- The four pillars of coaching
- Contracting
- Evaluating coaching
- Ethics of coaching
- Accreditation - developing your Portfolio of evidence

Tuesday 27th April 2010

Learning Group 1

w/c 17th May 2010 (TBA)

1:1 Coaching Supervision

Tues 8th & Wed 9th June 2010

Workshop 2

- Vision, values and effective goal setting skills
- Building your Coaching Model
- Group coaching
- Coaching Models (including MBTI, Emotional Intelligence, Learning Styles, NLP, Coaching through Change, etc.)
- Coaching Perspectives (e.g. Humanistic, Cognitive, Behavioural, Solution-Focused, etc.)

Tuesday 20th July 2010

Learning Group 2

w/c 9th August 2010 (TBA)

1:1 Coaching Supervision

Tuesday 14th September 2010

Workshop 3

- Raising the Bar on your coaching practice
- Coaching Supervision
- Portfolio and Viva preparation

22nd October 2010

Portfolio deadline

November / December (TBA)

Viva interview

December / January 2011 (TBA)

Accreditation Board meeting



Costings

Programme cost = £5,995 + VAT

This includes all workshops and lunches at workshops, learning groups, one-to-one coaching sessions, folders, books, certification and all other course materials.

Course Tutors

Dr. Jeremy Cross

Jeremy is an accredited sport psychologist with a range of one to one, team and organisational experience with national, international and Olympic clients. He has a PhD in Performance Psychology from Loughborough University and was a former professional tennis player, coach and coach educator. He is a founder member of the British Psychological Society Coaching Psychology Special Group. Jeremy joined Lane4 in 2004 and specialises in Coaching for Performance (team and individual) and facilitating High Performance Environments.

Dr. Jenny Denyer

Jenny's unique approach to Coaching for Performance is drawn from her experience as a world class sportswoman and a background in applied research. She is an accredited sport psychologist and an executive coach. She consults internationally with managers, management teams and organisations across all sectors, helping drive performance improvement through leadership development and the establishment of coaching cultures. Jenny's heritage in elite sport and education includes a PhD in Performance Psychology and an earlier career as an international squash player. She is a BASES accredited sport psychologist and NLP Practitioner.

Lee Fisher

Lee joined Lane4 in 2008 as an Elite Fast Track Consultant having performed at the highest level in classical ballet for 17 years. Lee is a Master NLP Practitioner and accredited coach. Lee's coaching philosophy is underpinned by his belief in people and their potential to excel. He has coached people across the arts and commercial sectors supporting them to be the best they can. Having experienced significant professional transition from his career as a full-time performer, exploring this challenging but exciting time with clients is a personal passion. Lee's elite performance background enables him to analyse coaching and help organisations to develop and embed sustainable coaching cultures. During his Masters degree, Lee studied psychological performance techniques including the power of imagery, self-talk and visualisation and he uses these tools to drive peak performance within a business context. The principle of honest open communication, meaningful feedback and empowering creativity is central to his coaching approach which lies with a desire to see people exceed expectations. Lee harnesses his passion for performance to empower others in a business context. Clients include National Grid, Carphone Warehouse, JP Morgan, DKIB, DSGi, British Gas, Centrica, Syngenta, Argos and Nomura.