



Special Group in Coaching Psychology

Newsletter – December 2020

Hello members

And that's a wrap! The year 2020 is one that no one expected but despite the many challenges we have all encountered it has been an eventful year for the Special Group in Coaching Psychology. We successfully hosted our first ever Global Digital Coaching Conference, welcomed many new members and communicated our plans to launch routes to chartership for coaching psychologists. I always like to acknowledge that there can be good alongside the bad and fortune alongside misfortune; I hope you can reflect upon your year of 2020 in the same way.

As we approach the end of the year and the holiday season, it seems timely to point out an article in [The Coaching Psychologist](#) (free to SGCP members) that might support our wellbeing and impact as coaches during this time; "The experience of coaching whilst walking: A pilot study" by Sara Cook & Christian van Nieuwerburgh.

The study highlights experiences such as creativity, enjoying nature and reducing the intensity of face to face interaction through coaching whilst walking. Maybe something to experiment with over the holidays to mitigate some of the negative impacts of a Christmas in lockdown? Many of us enjoy a winter walk with the family as a tradition or a way of politely getting some personal head space! We'd love to hear about your experiences of walking and talking in nature over the holidays - email us with your feedback and experiences.

Also note below some opportunities to get involved in 2021; we are looking for submission reviewers for our annual conference titled 'Transforming systems through coaching' (9-10 May) with themes on personal transformation, systemic coaching and team coaching. Or maybe you'd like the opportunity to showcase your coaching by applying to be on our panel of coaches for "pop-up coaching" on the day?

Please [send me an email](#) if you would like to get involved.

From all of us on the SGCP Committee, we wish all our members a safe, happy and hopeful festive season as we roll into 2021!

Tia Moin
SGCP Committee



Supervisors needed - Chartership in coaching psychology

Are you on the Register for Coaching Psychologists and the Register of Applied Psychology Practice Supervisors and would like to support some new trainees?

You may be aware that subject to final approval from the Board of Trustees, we hope to soon to launch routes to chartership for coaching psychologists. As part of this work, we need to identify a pool of potential supervisors who are willing and able to supervise.

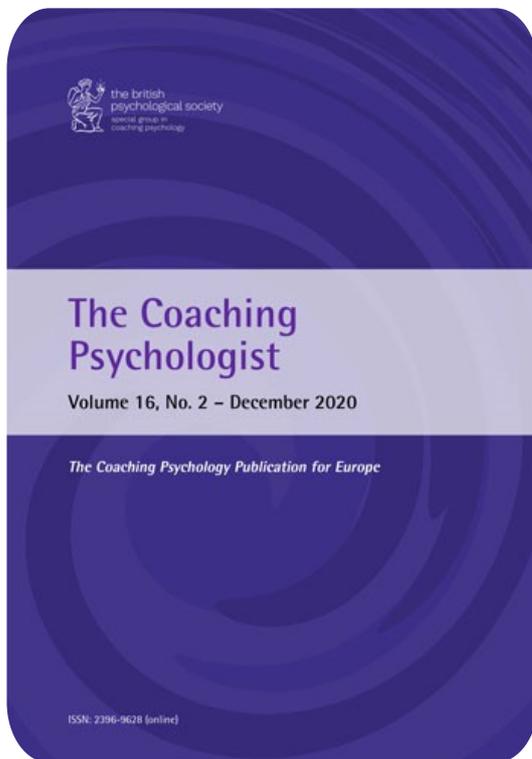
So if you can help with this exciting new development to our profession [please email SGCP](#). You will be required to take additional training on the new Standards for Chartership.

Call to action

These are exciting times but we still have a lot of work ahead of us with the routes to chartership. We are, of course, interested to hear about your thoughts or contributions you would like to make, particularly if you feel that you could help with the next phase of our work.

Please [email the committee](#) if you would like to join the conversation or volunteer your time and expertise.

Grab your free The Coaching



Psychologist - out now

The December 2020 edition of The Coaching Psychologist (TCP) is now available free for SGCP members and for others to [download from the BPSShop](#).

With its typical blend of theory, research and practice, this latest edition explores coaching's roots in organisational development, examines how walking and narrative approaches can be used to enhance our craft and shares a new model for aiding client behavioural change.



Notice of Special General Meeting

The Special General Meeting of the Special Group in Coaching Psychology will be held on Tuesday 12 January 2021 at 11.00am

We invite our members to join using the details below via Zoom:

Meeting ID: 933 0362 1935

Password: 402552

Join the SGM

You must be signed-in to access the following material

- [Access the SGM Notice for details](#) (member only)

If you have any queries regarding the SGM, please [email Member Network Services](#).



Transforming systems through coaching: SGCP annual conference

Sunday 9 - Monday 10 May 2021

We're excited to announce our global virtual conference for 2021 focusing on the following themes:

Personal transformation: How can coaching psychology support individuals to flourish and thrive? What can we do to manage the impact of an 'always on' culture? How can we reduce the effects of burnout, uncertainty or existential dread induced by uncertainty and instability in our current environment?

Systemic Coaching: What do we know about systemic coaching approaches? How can systemic coaching support our ability to broaden awareness and facilitate change? What role does systemic coaching play in transformation? What potential does coaching have to support global challenges we are facing?

Team Coaching: What is team coaching? How is it best practised? What is the potential for team coaching to facilitate change? What are the challenges for team coaching?

Pop-up Coaching: Coach and be coached on the day! Submit a half-page bio and outline your approach to coaching for transformation.

Keep a look out for the call for submissions and early bird registration soon to follow in the new year.

Free webinar - Positive psychology coaching

28 January, 7am to 8am

Back due to popular demand and timed for our overseas friends who missed out last time (and for UK early birds), Professor Christian van Nieuwerburgh's webinar will take another look at the development of positive psychology coaching as an intervention.

He offers a series of tools and models drawing from his wide experience as a coaching practitioner working with both organisational and education sector clients and from his research as a professor of positive psychology.

It's free to SGCP members [so register your place now](#).



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