



Courageous Coaching

Having conversations that matter

**The climate, environmental and biodiversity crises
are the greatest challenges facing humanity.**

- Do you want to make a difference supporting leaders and organisations to navigate these crises, but are unsure how best to do that?
- Are you wondering how to resource yourself and your clients to work with the enormity and complexity of these issues, especially when the pace of change is so fast?
- Are you curious to understand what may be stopping you and your clients from having these conversations?

If you would like to explore and co-create with other professionals how best to do this challenging work, then this course may be for you.

How can we better engage to face the most important challenges of our time?

Drawing on an ecology of practices from *nature, wisdom traditions, the attitudes of mindfulness and neuroscience*, this course supports you as a practitioner to deepen your own inner work and invites you to cultivate *curiosity, compassion and courage*; foundational traits for doing this work.

“As coaches, we need to do our own inner work before we invite our clients to do theirs.”

These practices will also support your clients with their inner work, and more effectively engage in difficult conversations without succumbing to overwhelm. Integrating **personal development** and **systemic frameworks**, we invite participants to experiment with and co-create pathways together to better support their clients to engage with these challenges.

Who is this course for?

It's for *internal and external coaches, sustainability practitioners* and others who wish to step into their power, encourage clients to do the same, and have conversations that matter. Coaches are invited on a *journey of discovery* over five months and to challenge their habitual ways of thinking, acting and being.

When is this course starting?

You can choose between two courses (both online with Zoom):

Courageous Coaching 3:
Tuesdays (3 hour sessions)
18:00 GMT+1*

Courageous Coaching 4:
Wednesdays (3 hour sessions)
14:00 GMT+1*

**2022 Sept. 27, Oct. 18th, Nov. 8th, Dec. 6th,
2023 Jan. 10th, 31st**

**2022 Oct. 5th, Oct. 26th, Nov. 16th, Dec. 7th,
2023 Jan. 11th, Feb. 1st**

**Time remains the same when DST finishes*

Pricing

Early Bird (before July 15th): individuals €695, organisations (per participant) €1,100

Normal: individuals €795, organisations (per participant) €1,250

Our intention is to make this programme available to people drawn to do this work. If cost is a barrier, we have a Scholarship Rate. To find out more please contact us.

Course Outline

This course draws from leading-edge practitioners including: Otto Scharmer, author of Theory U and Leading from the Emerging Future: From Ego-System to Eco-System Economies; Regenerative Leadership by Giles Hutchins and Laura Storm; Immunity to Change by Robert Kegan; The Work that Reconnects by Joanna Macy; and interweaves mindfulness and nature practices throughout the course.

Between Sessions you will have opportunities for: peer coaching; experimenting with different coaching practices, e.g., Walk 'n Talk Coaching, bringing nature practices into coaching, integrating the attitudes of mindfulness; building a coaching community.

Course work: there will be suggested reading and a variety of practices and materials provided for all sessions to help you maximise the value of your participation in the course.

To register or make further enquiries please contact

Grattan Donnelly | T: +353(0)86 225 2737 | E: grattan@grattandonnelly.com

Course Facilitators:

Grattan Donnelly

- Grattan Donnelly is a highly experienced coach, facilitator and trainer, passionately interested in how we can create a better world for all life.
- With a background in leadership and management development, Grattan has been coaching since 2006 and a leading figure bringing mindfulness into coaching since 2014.
- He integrates neuroscience, mindfulness, somatic and nature practices into coaching, facilitating the people he works with to do deep transformational work and be at their best to contribute to a more peaceful world and healthier planet.
- He is a faculty member with both Dublin Business School and the Irish Management Institute and a keen sailor and dog walker.
- He is an Honorary Life Fellow and a Founding Council Member and former Chair of the Association for Coaching, Ireland. He is a Board Member of Mindful Nation Ireland and a member of the Climate Coaching Alliance.

Chris Chapman

- Chris Chapman is an experienced systemic facilitator, working particularly with large diverse groups and communities of interest that go beyond single organisations.
- Most of Chris's current work is in the fields of education and sustainability. He has an MSc in Change Agent Skills and Strategies from the University of Surrey Business School and a particular interest in the relationship between adult development and our collective capacity to work well with complexity and uncertainty.
- Chris leads facilitation work at the beautiful Burren College of Art, helping organisations and systems to find creative approaches to complex challenges.

*“As coaches we need to do our own inner
work before we invite our clients to do theirs.”*

This course has been developed and is being delivered in association with ReSource@BCA. ReSource is a dedicated centre at the Burren College of Art that facilitates organisations and systems find creative solutions to complex issues.



GRATTAN
DONNELLY



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AT BURREN COLLEGE OF ART

Where deep change happens...

In association with



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