

Coaching and professional development sessions

Would you like the opportunity to reflect on your career, direction, a change of plan and/or everything else in between with the aid of a professional development coach?

We are offering you the opportunity to take part in a one-to-one professional development coaching sessions organised by PANDA using our PANDA Associate Coaches – who are all professionals with experience of working within the arts and creative industries.

By definition:

Coaching, with a professional coach, is the practice of supporting an individual, referred to as a coachee or client, through the process of achieving a specific personal or professional result. The structure and methodologies of coaching are numerous but are predominantly facilitating in style; that is to say that the coach mainly asks questions and challenges the coachee to find answers from within based on their values, preferences and unique perspective. Coaching is differentiated from therapeutic and counselling disciplines since clients are considered healthy and move forward from the present. There are a variety of approaches within the coaching methodology. Coaching is performed with individuals and groups, in person, over the phone and online.

What is it all about?

When did you last spend time with someone completely impartial, focusing solely on you, your career and your own professional development? A one-to-one professional development coaching session offers you just this.

The aim of the session is to give you the opportunity to think in broad, holistic terms about your current placement and your creative and professional development. During the session you'll have the opportunity to:

- Reflect on how your placement is going
- Discuss what you'd like to achieve and when
- Explore what motivates you
- Look at existing skills/strengths and identify areas you wish to develop
- Consider resources that could help you to achieve your goals
- Identify possible obstacles and explore strategies to overcome them
- Begin to create a plan of action to achieve your goals

The session is designed to enable you to plan for your future development and therefore isn't about giving you critical feedback on your abilities or providing you with specific information and advice (although you are likely to be signposted towards relevant information and advice sources as a result of a session).

To organise a coaching session, or for more information, email anne-marie@panda-arts.org.uk or call the office on 0161 274 0626.