



COACHING & COACHING PSYCHOLOGY WORKSHOPS 2025-2026

Workshop	Key question addressed	Date
Coaching Foundations £150 per person	<i>How can I use coaching skills and principles to support the performance, development and wellbeing of others?</i>	16.10.25 9:30am to 4:30pm
Solution-Focused Coaching £150 per person	<i>How can I apply solution-focused principles and methods in coaching? What can I learn from real-life applications of SFC?</i>	04.12.25 9:30am to 4:30pm
Coaching for Resilience £150 per person	<i>What tools can I use to either enhance my own resilience, or support other adults/young adults to enhance theirs?</i>	27.01.26 9:30am to 4:30pm
Coaching for Change £150 per person	<i>How can I adjust my approach according to where the person is 'at' in their readiness for change?</i>	10.03.26 9:30am to 4:30pm
Coaching for Wellbeing £150 per person	<i>How can I draw upon coaching psychology and positive psychology to support myself or others to improve their wellbeing?</i>	07.05.26 9:30am to 4:30pm
Coaching Ethics & Supervision £150 per person	<i>What ethical principles do I need to have regard to when providing coaching? How can I benefit from coaching supervision and/or supervise other coaches?</i>	11.06.26 9:30am to 4:30pm

More info at www.aspenpsychologyservices.co.uk/coaching-workshops.html

Workshops will take place online via the Zoom platform. An internet speed of at least 1mbps is required (see APS training page for more details or for a link to check your connection speed).

For further information, or to request a place, please visit the APS website:

www.aspenpsychologyservices.co.uk

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