



## COACHING & COACHING PSYCHOLOGY WORKSHOPS 2026-2027

<b>Workshop</b>	<b>Key question addressed</b>	<b>Date</b>
<b>Coaching Foundations</b> £150 per person	<i>How can I use coaching skills and principles to support the performance, development and wellbeing of others?</i>	08.10.26 9:30am to 4:30pm
<b>Solution-Focused Coaching</b> £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>	26.11.26 9:30am to 4:30pm
<b>Coaching for Resilience</b> £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>	26.01.27 9:30am to 4:30pm
<b>Coaching for Change</b> £150 per person	<i>How can I adjust my approach according to where the person is 'at' in their readiness for change? How can I work with 'resistance'?</i>	11.03.27 9:30am to 4:30pm
<b>Coaching for Wellbeing</b> £150 per person	<i>How can I draw upon coaching psychology and positive psychology to support myself and/or others to improve their wellbeing?</i>	13.05.27 9:30am to 4:30pm
<b>Coaching Ethics &amp; Supervision</b> £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>	10.06.27 9:30am to 4:30pm

**Multi-purchase discounts are available. More info at [www.aspenpsychologyservices.co.uk/coaching-workshops.html](http://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).

## What You'll Receive

- Advance pre-session information/preparation/reading that will help you to get the most from the day.
- A full day of interactive, practical and psychology-informed CPD (9:30am–4:30pm, delivered via Zoom).
- A **CPD certificate** that shows you have completed an Approved Course recognised by the [International Society for Coaching Psychology \(ISCP\)](#).
- Your CPD certificate will also provide you with evidence of having completed 10 hours of coaching psychology-related CPD, which is important if you are **seeking Accreditation of your coaching psychology skills by the ISCP (see below)**.
- Eligibility for **free Affiliate Membership** of the International Society for Coaching Psychology.
- Access to resources and references to further reading to support your ongoing learning and practice.

*If you want to learn more about the two-year route to obtaining formal accreditation of your coaching psychology skills by an independent international body, please see our short film ('Pathway to Accreditation') on the Aspen Psychology Services YouTube channel (<https://bit.ly/3P2qhHi>).*

### Lead Facilitator

The lead facilitator on all Aspen workshops is [Mark Adams](#), an HCPC-Registered and BPS Chartered Psychologist with over 25 years' experience working as a teacher, Educational Psychologist and Coaching Psychologist. Mark is the author of *Coaching Psychology in Schools* (Routledge, 2015) and other peer-reviewed journal articles and book chapters that focus on supporting others with **performance, development and wellbeing**.

For further information, please visit:

<https://www.aspenpsychologyservices.co.uk/coaching-workshops.html>

To request a place or places, please visit:

<https://www.aspenpsychologyservices.co.uk/book-a-place-on-an-event.html>

To request access to free coaching psychology resources, please visit:

<https://www.aspenpsychologyservices.co.uk/resources.html>

### COACHING PSYCHOLOGY INTEREST GROUP

Our free online Coaching Psychology Interest Group (now in its fourth year) brings together EPs, TEPs and AEPs (and a couple of other people in other roles who have asked if they could join) with an interest in coaching psychology for peer discussion, coaching practice development, and shared learning. No prior attendance, training or experience is required. All you need to bring is an interest in and/or enthusiasm for coaching/coaching psychology. You can find out more about the interest group and/or register your interest here:

<https://www.aspenpsychologyservices.co.uk/ep-coachingcoaching-psychology-interest-group.html>

Director: Mark Adams CPsychol AFISCP (Accred)  
Chartered Educational Psychologist  
Chartered Coaching Psychologist  
HCPC Registered Practitioner Psychologist  
Accredited Member of the International Society for Coaching Psychology  
Accredited Supervisor with the International Society for Coaching Psychology  
Associate Fellow of the International Society for Coaching Psychology  
Associate Fellow of the British Psychological Society

**E:** [mark@aspenpsychologyservices.co.uk](mailto:mark@aspenpsychologyservices.co.uk)

**W:** [www.aspenpsychologyservices.co.uk](http://www.aspenpsychologyservices.co.uk)

**T:** 07930 432807