



Career Counselling Services

Business Psychologists and Career Coaches

CCS Summer Alumni Event

20th & 21st June 2024

Cumberland Lodge, Windsor Great Park

We look forward to welcoming you to the 2024 Summer Alumni Event at the beautiful Cumberland Lodge. Please join us either as a day guest or overnight residential to enjoy the full programme.

We have put together a wonderful selection of workshops, led by industry experts. There will be plenty of opportunities to reconnect with your fellow CCS Alumni and like-minded colleagues as well as create new relationships.

Programme overview:

- Six inspiring and informative workshops to deepen your knowledge of practical aspects of career coaching as well as important theoretical frameworks
- Plenty of time to chat informally
- Access to all slides and resources links
- For residential guests; hotel room, three meals and all refreshments
- For day guests; lunch and all refreshments

CCS face-to-face Alumni events are a great place to develop your professional skills and practice, to refresh and make new connections, and to revitalise your energy for this work.



Programme

20th June

17:00	Welcome and Introductions
17:30-18:45	Choice of Workshops: 1. Mindfulness for Career Counsellors Workshop with <i>Eike Tischer</i> 2. Stuck for words? How to unleash client's career clarity with Art <i>Vera Medinskaya</i>
19:00	Dinner and networking

21st June

09:00-09:15	Arrive and welcome
09:15-09:30	Introduction to the day: Rob Nathan
09:30-10:45	Choice of Workshops 1. What's the value of values in coaching, and how to find them? <i>Gavin Wells</i> 2. Transference and Counter Transference in Career Coaching <i>Janet Sheath</i>



10:45-11:00	Shared Learning Groups
11:00-11:30	Break
11:30-12:45	<p>Choice of Workshops</p> <ol style="list-style-type: none"> 1. Career Interventions Strategies for the 21st Century <i>Patrick Phillips</i> 2. Create your own Vision Board <i>Jane Barrett</i>
12:45-13:00	Shared Learning Groups
13:00-14:15	Lunch
14:15-15:30	<p>Help your clients through and with anxiety <i>Magdalena Bak-Maier</i></p>
15:30-15:45	Reflection, Evaluation, Close + tea & cake



Transference and Counter Transference in Career Coaching

This workshop will present both traditional and contemporary ideas about (counter) transference and projective identification, with a view to highlighting their valuable role in career coaching. There will also be opportunities to link these ideas with your own practice. The workshop will include a mix of theory, practical activities and time for discussion and reflection.



Janet Sheath

Janet is Programme Director for the Birkbeck, University of London Career Coaching and Coaching Psychology Masters and Certificates programmes. She works across the practitioner / academic boundary connecting career coaching research and theory into the world of career coaching.

As a trained counsellor and psychodynamically informed organisational consultant, Janet incorporates an understanding of the unconscious and the client /coach relationship in career development work with individuals and groups.

Janet consults to career agencies, trains and supervises experienced career coaches in the UK and Ireland and Germany and is a fellow of the National Institute of Career Education and Counselling and Senior Fellow of HE Advance.



What's the value of values in coaching, and how to find them?

As coaches we should know our own values, for they inform our ethical stance to practice. Most books discussing contexts or genres of coaching refer to the use of the client's values during the coaching process – but why, to what end? And if they matter so much, how do we support our client in finding them?

In this session we will discuss

- What values mean to you
- What role they play for the coach
- What role they play for the coachee
- What are your personal values?
- How can we as coaches support our clients in identifying theirs?

You will learn to understand the language of values, their role for you and your clients, and how you can support them in identifying their core values.



Gavin Wells

Gavin has been leading teams for much of the last 40 years, across the Army, Banking and Financial Infrastructure (traditional and decentralised). During this time his primary passion has been enabling those with whom he worked to realise the potential they wanted.

As a 2022 graduate of the Oxford Brookes MA he acquired theory to support his practice, and in 3rd generation coaching and the work of Reinhard Stelter was drawn to the power of values in understanding behaviour, motivation and meaning in life. His award-winning dissertation focussed on values, and how we can find them.



Mindfulness for Career Counsellors

Over the past decades, mindfulness has become a popular wellbeing intervention in clinical and non-clinical settings. There is a vast number of research studies that illustrate its benefits in treating a range of health issues relating to stress, depression, pain and addiction. Recently, mindfulness has been introduced to coaching, and this session will highlight how mindful awareness can support coaches and counsellors, their client interactions and session outcomes.

Eike will share the theoretical background of mindfulness and emphasise the important of mindful attitudes. She will facilitate experiential learning to demonstrate how mindfulness can support career counsellors in their professional practice and self-care.



Eike Tischer

Eike is a freelance business consultant, coach and co-founder of the Oxford Coaching Partners. Eike has a passion for wellbeing and regularly facilitates experiential coaching workshops, leadership and mindfulness training. She has a Master's Degree in Coaching and Mentoring Practice, is an accredited EMCC senior practitioner, a licensed career counsellor and qualified in mindfulness based cognitive therapy with the Oxford University Mindfulness Foundation.

For further information about Eike's mindfulness programmes, her books or workshops please contact: Eike.Tischer@gmail.com or visit her [LinkedIn profile](#), or find her at [Oxford Coaching Partners](#)



Create your own Vision Board

In this workshop led by Jane Barrett, we will firstly look at the neuroscience behind why Vision Boards work and how visualisation also contributes to their effectiveness.

Then we'll move on to creating our own vision boards (materials will be provided, although feel free to bring your own magazines).

Finally, Jane will finish with some guidance as to how to increase the effectiveness of doing a vision board with your clients and for yourself. There will be an optional zoom follow up session to help you complete your vision board and hold you accountable.



Jane Barrett

Jane Barrett has been a CCS Alumnus for over 20 years, completing the course just before she left corporate to set up her first company. She has specialised as a career coach in the business school sector and co-authored the book 'Taking Charge of your Career' (Bloomsbury) with the late Camilla Arnold. More recently Jane is focusing on advising start-ups particularly in purpose led sectors such as green tech as well leading a team of executive coaches working with current and future leaders specifically on leadership development and creating effective teams.



Career Interventions Strategies for the 21st Century

This workshop will examine and discuss methods for engaging in effective career counselling via the use of theories derived from: Personality Neuroscience, Emotional Intelligence and Psychodynamics

The aim of this workshop is to help career counsellors design their career interventions based on the three themes as follows:

- Reflecting on our past
- Examining ourselves as we are now
- Establishing a vision for who we want to become

The workshop will be interactive via open discussions, and we will also be engaging in some practical exercises.



Patrick Phillips

Patrick is a Career Counsellor at Trinity College Dublin, responsible for designing and delivering the MBA Career Programme to full time and executive MBAs at Trinity Business School. He has 15 years commercial experience including 10 years' experience in career counselling. He has published academic papers on theories relating to psychodynamics, emotional intelligence, and neuroscience for journals such as the British Journal of Guidance & Counselling, the International Journal of Organizational Analysis, and the Canadian Journal of Career Development.



Stuck for Words? How to Unleash Clients' Career Clarity with Art

Your clients are short for words when talking about their career situation or aspiration? There is a way to bypass the mental block and tap into a deeper well of self-discovery through the **power of art**. When traditional methods leave you saying "I don't know," art steps in as your creative companion. With a paintbrush in hand, you'll unlock non-verbal insights, bypassing analytical roadblocks to illuminate unique talents, skills, and hidden desires.

This workshop isn't about artistic mastery, but about self-exploration. Through guided exercises, you'll delve into a powerful process of career coaching.



Vera Medinskaya

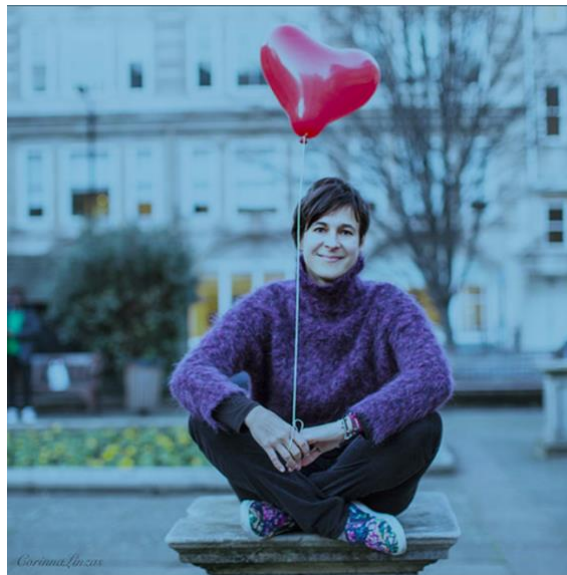
Vera Medinskaya is an experienced HR manager with extensive career in international organisations. She is currently working at EFTA/FMO as Head of HR and Administration Unit. From 2009 till early 2019 she worked for the EU Commission where she greatly contributed to creation of two executive agencies (EACI and EASME) with people centred HR function. From 1999 till 2009 she worked for the OSCE, with the last post as Chief HRM in the OSCE Mission to Georgia. Vera is an accredited career coach from CCS, trained coach with the Leading and Coaching Academy in Brussels and is specialised in art coaching.



Help your clients through and with anxiety

The post-Covid world has been tricky to navigate for many people when it comes to the workplace and careers. Isolation and fear of restructures make many anxious about doing well enough not to be cut and even ask for promotions they may well deserve. And how do employers/managers support and retain people who are critical to operations?

In this practical workshop we will explore anxiety from an existential lens and work on practical coaching techniques that give us more confidence to hold these spaces.



Dr Magdalena Bak-Maier

Dr Magdalena Bak-Maier is the founder of Make Time Count Ltd, successful coach and teacher, and the creator of the Grid work-life balance method. Grid has been selected for inclusion in the 2021 Columbia University Coaching Conference as a practical systemic approach to work and health management, and shared with the public in an invited Guardian Masterclass in January 2022. The Get Productive Grid book received the Finalist Wishing Shelf Book Award in 2021 and Grid has now attracted over 25 Grid Ambassadors from UK, EU and the US. Magdalena's current work explores how Grid supports human flourishing, effective habit change, mental health and burnout prevention with particular focus on HE and SME space.

