Career Counselling Services

Business Psychologists and Career Coaches

# Career Coach CPD Event

Wednesday 24th June 2026

Grove House, Roehampton University

Welcome to the Career Coach CPD Summer Event 2026, held in the stunning surroundings of Grove House at Roehampton University. We are delighted to bring our community together once again for a day dedicated to growth, inspiration, and professional connection.

This summer's programme offers a rich blend of thought provoking workshops, opportunities to reconnect with fellow Alumni, and time to reflect on your own coaching practice. Set against the backdrop of one of London's most beautiful historic venues, the day is designed to both challenge and energise you.

Our workshop line up features a diverse range of expert led sessions:

- Using PQ (Positive Intelligence) in Career Coaching – *Gilly Freedman*
- Understanding and Working with Imposter Syndrome: Tools for You and Your Clients – *Massimo Roselli*
- The Changing Faces of CVs: Navigating the AI Frontier – *Karen Munro*
- Integrating Career and Leadership Coaching – *Kate Mansfield & Natalie Harvey*

Alongside these sessions, you'll enjoy dedicated networking time with colleagues who share your passion for supporting others, as well as a relaxed barbecue lunch to round off the day.

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# Programme

Wednesday 24th June 2026

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| 09:00-09:15 | Arrival, welcome refreshments |
| 09:15-09:30 | Introduction to the day: Rob Nathan |
| 09:30-10:45 | **Using PQ (Positive Intelligence) in Career Coaching** - Gilly Freedman |
| 10:45-11:15 | Refreshments |
| 11:15-12:30 | **The Changing Face of CVs: Navigating the AI Frontier** - Karen Munro |
| 12:30-13:30 | BBQ Lunch |
| 13:30-14:45 | **Understanding and Working with Imposter Syndrome: Tools for You and Your Clients** - Massimo Roselli |
| 14:45-15:15 | Refreshments |
| 15:15-16:30 | **Integrating Career and Leadership Coaching** - Kate Mansfield & Natalie Harvey |
| 16:30-17:00 | Reflection, evaluation, close |

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# Using PQ (Positive Intelligence) in Career Coaching

This session focuses on PQ (Positive Intelligence), a powerful model and tool for identifying particular saboteurs which block our performance, affect our mindset and approach to work and evoke negative emotions impacting our wellbeing and the people around us. The model is drawn from the evidence-based neuroscience and positive psychology of effective transformational change developed by Shirzad Chamine and his Positive Intelligence team.

Prior to the session you are invited to complete the free online PQ assessment which will produce a score for your saboteurs.

Positive Intelligence® PQ® Score - free saboteur assessment

The session will involve:

- A brief overview of the background and research leading to the development of the model
- An understanding of the nine saboteurs, as well as the Judge, and what they might mean for you and your coachees in practice
- Learning simple techniques for intercepting and disrupting unhelpful negative thinking, excessive worry and limiting beliefs
- A way of strengthening your mental muscle through labelling, doing PQ reps and moving into the Sage side of the brain where you will feel grounded, clear-headed with a new perspective.
- We will also look at the five powers of the Sage and you will have the opportunity to coach each other drawing from these powers.

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# Gilly Freedman

## About Gilly Freedman

Gilly is a highly experienced Career Coach, Accredited Executive Coach, Course Tutor and qualified Coach Supervisor.

With a background in training and a Masters in Psychology, Gilly has worked with a very wide range of clients as well as specialising in coaching doctors and professional women returners. She has trained hundreds of HR and line managers in career coaching skills and in addition runs workshops and masterclasses in career management and career coaching related areas.

She is a Certified PQ Facilitator.

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# The Changing Face of CVs: Navigating the AI Frontier

In an era of generative AI and sophisticated Applicant Tracking Systems (ATS), is the traditional CV still fit for purpose? Join ICF PCC-accredited Coach Karen Munro for an interactive 75 minute workshop designed for career coaches who want to stay ahead of the curve.

We will look at how AI is fundamentally reshaping the recruitment landscape from candidates using LLMs to draft profiles, to HR teams using AI driven screening to filter talent.

Karen will draw on years of experience in BBC Recruitment, extensive support with military career transition, her global leadership coaching and outplacement support to discuss why the "human thread" remains the most critical component of a CV.

We'll explore the pros and cons of AI generated content, how to coach clients to beat the bots without losing their soul, and share practical models for creating CVs that resonate with both algorithms and hiring managers. Leave with the confidence to guide your clients through the most significant shift in job seeking history.

**Short Summary:**

*"In an era of generative AI and automated hiring, is the traditional CV still fit for purpose? Join Karen Munro, PCC, for an interactive look at how AI is reshaping the recruitment landscape from candidates using LLMs to draft profiles, to HR teams using automated filters. Drawing on 20 years at the BBC and her current work coaching C-suite leaders in AI strategy, Karen explores why the 'human thread' remains the most critical component of a CV. Learn how to coach clients to use AI as a tool without losing their soul, and leave with practical models to navigate the modern job market with confidence."*

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## Karen Munro

## About Karen Munro

Karen is an ICF Professional Certified Coach (PCC) with over 18 years' experience specialising in career change and transition.

Building on a 20 year career in HR/Recruitment at the BBC and 12 years in UK Military resettlement, Karen's current work sits at the intersection of human leadership and emerging technology.

Today, she coaches global C suite executives through 6 month AI Leadership programmes with FourthRev, helping senior leaders navigate the strategic shifts of the digital age. As a Career Consultant for Right Management, she provides expert outplacement support, while her private practice, Munro Careers, focuses on guiding mid life professionals through complex career change.

Karen specialises in bridging the gap between corporate expectations and authentic transition, helping clients turn "stuckness" into clear, actionable strategies.

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# Understand and Working with Imposter Syndrome: Tools for You and Your Clients

Imposter Syndrome can subtly shape how you show up as a coach, impacting your confidence, pricing, visibility, decision making, and how you support your clients.

This workshop draws on evidence-based frameworks to explore what truly drives imposter syndrome, helping you gain clarity on what is (and isn't) imposter syndrome, and why insight and mindset alone aren't enough to shift it.

Through interactive exploration and practical application, you'll gain clarity on your own experience and develop strategies you can integrate into both your professional practice and personal development.

**3 Key Takeaways:**

- Recognise the underlying patterns and triggers shaping your imposter experience
- Understand how imposter syndrome influences your coaching presence and choices
- Apply practical, evidence-based tools to act with grounded confidence and alignment

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## Massimo Roselli

## About Massimo Roselli

Massimo Roselli is a Trauma Informed Career Coach, Certified Imposter Syndrome Practitioner, and Facilitator whose work sits at the intersection of professional development,psychology, and self-leadership.

He works with mid-to-senior professionals, leaders, and coaches navigating internal barriers such as self-doubt, imposter syndrome, and perfectionism particularly during periods of growth, transition, or increased visibility. His approach integrates trauma-informed coaching, nervous system awareness, and reflective practices to help individuals understand the deeper patterns shaping their experience.

Clients describe his work as transformative, combining a calm, empathetic presence with a science based approach that delivers practical tools, deeper insight, and lasting shifts in confidence, clarity, and resilience.

Massimo trained as a Transformational Coach with Animas Centre for Coaching and is a Certified Imposter Syndrome Practitioner in Clare Josa's research based methodology. He is currently completing a Level 5 Diploma in Psychotherapeutic Counselling, further deepening his understanding of how identity, experience, and the nervous system shape professional life.

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# Integrating Career and Leadership Coaching

Career related questions such as direction, purpose, or progression often emerge within leadership coaching and leadership issues often emerge in career coaching. Yet many Coaches find it challenging to navigate this inevitable overlap within the scope and boundaries of the agreed coaching contract.

This session provides a practical introduction to integrating career and leadership coaching, offering a condensed experience of the full half-day workshop run by CCS and CoDevelopYou. The session will create space for you to explore how these two areas naturally intersect, while maintaining strong coaching boundaries and thinking about coaching stances.

During the session, you will:

- Identify common scenarios where career themes emerge in leadership coaching and vice versa
- Explore the natural overlap between career and leadership coaching, drawing on real life client cases
- Consider a whole person approach to coaching
- Reflect on ways to pivot through re-contracting
- Learn simple, practical approaches to hold both career and leadership perspectives
- Reflect on your own coaching practice and confidence in navigating these moments

By the end of the session, you will leave with increased awareness, practical insights, and a clearer sense of how to support clients with both immediate leadership challenges and longer term career thinking within a coherent coaching framework and approach.

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## Kate Mansfield & Natalie Harvey

## About Kate Mansfield & Natalie Harvey

Natalie Harvey is an experienced Professional Certified Coach, accredited with the ICF; a Leadership/Executive Coach, Career Coach and skilled Facilitator, who works with leaders, managers and their teams supporting them on their journey to high performance.

With a 30 year career in HR and Leadership Development across private sector global organisations, she has helped individuals and teams to build understanding, face challenges, and establish behaviours that have shifted performance, improved belonging and set them up for sustained success.

Natalie led the development and deployment of a very successful internal Career Coaching Programme for the UK region of a global construction products organisation, working closely with CCS to train and develop a team of internal coaches and embed a coaching culture.

Natalie is a qualified Career Coach, trained by CCS, and completed the Post Graduate Certificate in Career and Talent Management with Kingston University. She is qualified to use a range of psychometric and feedback instruments, including Insights Discovery, MBTI and Core Strengths SDI 2.0.

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Kate Mansfield takes a dual role as CCS Programme Director with responsibility for designing and delivering career development programmes for employers across both private and public sector organisations in the UK and internationally. Kate is also a Lead Tutor on our Accredited Career Coach Training course and personally coaches individuals on a wide variety of career related issues.

Kate is a qualified Career Coach, trained by CCS with an MSc in Organisational Behaviour; Postgraduate Certificate in Career; Talent Management from Kingston University. Qualified Strengthscope individual and team based strengths practitioner. Qualified Career Coach Supervisor with Oxford Brookes University Co-author of the Holistic Career Coaching Handbook: A Guide for Managers and Employers (Routledge, 2025)

Kate is a Member of the Association for Coaching, a Registered Career Practitioner with the Career Development Institute and a Fellow of NICEC (National Institute Career Education and Counselling)

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