



The NHS Leadership Academy Coaches 'Recovery Lounge'

A space for recovery, reflection and renewal

Eight presentations, content is the same each time

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| 11 November 2021, 9.30 – 13.30 | 9 February 2022, 9.30 – 13.30 |
| 16 November 2021, 13.00 – 17.00 | 15 February 2022, 13.00 – 17.00 |
| 2 December 2021, 9.30 – 13.30 | 9 March 2022, 9.30 – 13.30 |
| 12 January 2022, 13.00 – 17.00 | 15 March 2022, 9.30 – 13.30 |

About the session

We are still in challenging times, and on top of your day job, family life and other activities, you have been supporting coachees on their journey. But what about you? This half-day virtual session draws on coaching, mindfulness, compassion and somatic approaches. It gives you the opportunity to press pause, get grounded, recover, practice self-care, and re-build resilience. The event will offer you the chance to connect and reflect with peers, and explore what renewal looks like for you and your practice. The Recovery Lounge welcomes both accredited coaches (ILM 5, EMCC practitioner or similar) and colleagues who have trained in skills-based coaching and regularly use coaching approaches in their leadership.

The session will cover and include:

- Empathy versus compassion
- Self-care and resilience practices and exercises, drawing on mindfulness, compassion and embodiment approaches
- The chance to tap into community and collective intelligence with peers
- Opportunities for sense-making and reflection
- Opportunities for self-coaching to re-access hope and inspiration

What you will gain:

- An understanding of the difference between empathy and compassion, and why an overload of empathic distress can lead to burnout
- An understanding of how mindfulness, compassion and embodied practices can nourish and resource you
- Practice-in-a-pocket exercises and strategies for mindfulness, self-care, self-compassion, resourcing and building resilience
- 'Membership' of a community looking out for one another
- Inspiration for next steps

Delivery

The virtual session will be delivered via Microsoft Teams. It will include guided break-out groups, enquiries, and reflections on where you are now, and next steps for you and your practice. Full joining instructions will be provided upon application.

The programme is co-designed by Charmaine Kwame, National Lead for Coaching and Mentoring at the NHS Leadership Academy and Liz Hall who is a senior practitioner coach, award-winning journalist, author and co-owner and founding editor of Coaching at Work magazine. Liz Hall delivers the sessions.

[Find out more and register](#)