**Reflective Practice Group**

**What is a reflective practice group?**

It is a place where coaches can bring any aspect of their practice to a supportive space, where they will be helped to recover, refresh, reinvigorate or refocus their practice. This can relate to work with clients, with client organisations, to seeking new development inputs or to building your practice.

The work is done with each other, so that everyone is both seeking support for their own work and offering support to others.

The group is led by Dr Carole Pemberton, who will manage the process so that it is a space where everyone can bring their vulnerabilities, acknowledge their strengths and build their confidence.

For anyone seeking ICF accreditation, hours in the group can be used as part of their mentor coaching hours.

**Meetings**

The first 6 meetings of the group are on:

Friday:

1st March; 5th April

17th May; 14th June

19th July; 13th September

Dates do not coincide with any school holidays.

Time: 10.00 – 1.00 Location: St Augustine’s Centre for Spirituality, Wellbeing and the Arts, Brighton

Group Size: No more than 6

**Cost**

£570 for six sessions (inclusive of VAT)

Payments in 2 instalments. £285 to secure a place. £285 following the third session.