

Online Peer-Coaching Training For Creatives

FREE three week online course for creative women who are (or are considering) working for themselves, freelancing, or starting a business.

Working for yourself can be lonely, and may lead to feelings of isolation. This online training will teach you the tools and techniques to set achievable goals, reflect on possible solutions, understand how you work best, and support other creative women facing the same issues.

Register your interest here: <https://beki178350.typeform.com/to/Pacq1H>

What happens during the training?

We'll use free video conferencing software* to meet online for an hour each week (6pm on Wednesday 20/11/19, 27/11/19 and 4/12/19) to learn new techniques, and discuss how you are getting on.

After the first session you'll be introduced to your two learning group partners, and you'll be sent all of the information you need to arrange an online 1 hour peer-coaching session at a time that suits the three of you. After sessions 1 and 2, you'll be set a short homework assignment, which will take about an hour to complete.

Week 1: 1 hour training via video conference, 1 hour peer-coaching session via video conference, 1 hour individual assignment (approximately 3 hours total)

Week 2: 1 hour training via video conference, 1 hour peer-coaching session via video conference, 1 hour individual assignment (approximately 3 hours total)

Week 3: 1 hour training via video conference, 1 hour peer-coaching session via video conference (approximately 2 hours total)

**The software works on computers, tablets and phones, and runs through your browser (meaning that you don't need to install anything). It works best in Chrome, but is supported by all major browsers.*

What will you receive?

- Three weeks of coaching to help you set and reach your goals.
- Discover your personal values, and how you can use them to focus your actions.
- Learn how to coach your friends, family, and community.
- Learn tips and techniques to be present, and to challenge difficult beliefs that may be holding you back.
- Be a member of a creative peer-coaching community.
- Build a relationship with the two other amazing women in your learning group.

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Why is it free?

This is part of a trial for a new social enterprise, and is supported by the Institute of Creative and Cultural Entrepreneurship at Goldsmiths. Each week, attendees will be asked to complete a short online form to collect feedback on the training. The questions will monitor changes in self-confidence, empathy, reflective skills, self-efficacy, and resilience. All data will be stored securely in line with Goldsmiths ethics policy, and the weekly peer-coaching practice sessions will not be monitored.

How does it work?

The training uses evidence based Acceptance and Commitment Therapy (ACT), Contextual Behavioural Coaching (CBC), and Design Thinking techniques to help you learn how to coach others, and reframe your thoughts and emotions. You'll learn how the techniques work by practicing them individually, and then you'll use them in your peer-coaching learning group to practice coaching each other.

Peer-coaching is a mutually beneficial process, and you'll learn in three different ways:

- By being coached
- By coaching someone else
- By listening and reflecting on others' answers

Why only women?

Women are more likely to seek and receive support from other women, and may avoid seeking support from situations when men are present. This means women derive a greater benefit from practicing peer-coaching in a female-only space. As women in business face common, but often gender specific issues, this training provides a safe space for them to interact with a supportive community.

How do I sign up?

Places are very limited, so please register your interest before Sunday 17th November, using this link: <https://beki178350.typeform.com/to/Pacq1H>.

Or email Beki on beki@bekigowing.com if you have any questions.