

Overview of the *Ontological Coaching and Leadership in Action* Workshop

- Introducing the Ontological Coaching model
- Ontological Coaching in action – observing course leaders apply Ontological Coaching
- The relevance of being a learner to coaching (coach and coachee)
- Body learning and Ontological Coaching – gentle exercises and activities
- Coaching in the domain of moods and emotions, especially utilising the framework Some Basic Moods of Life
- An ontological approach to listening and its coaching applications
- Introducing an ontological approach to language
- Self-coaching exercise – in the domains of language, emotions and body
- Introducing the model Basic Linguistic Acts and their application in personal and professional life and coaching
- Assertions and assessments - their application in personal and professional life and coaching
- Applying the Grounding Assessments procedure in coaching
- Trust, promises and requests - their relevance to personal and professional life and coaching
- Responses to requests - their relevance to personal and professional life and coaching
- Applying the key concepts of breakdowns, concerns and the Observer in Ontological Coaching
- Coaching in the domain of the body
- Applying all of the above in extensive coaching conversations in the role of coach and coachee
- Worksop closing – assessments of main learnings and declarations about applying learning's in personal and professional life and coaching