

Coaching Research – Navigating the Grey Space in Coaching

I am a coaching psychologist, working mainly in the arena of personal development and stress management. I am currently undertaking a Doctorate of Professional Studies at Middlesex University in the UK.

I would like to invite you to participate in my research.

Requirements for participation are:

- 2 years practising as a coach, where coaching work includes one or more of the following elements stress management, developmental, transitional or transformational coaching
- Having worked with a range of clients
- Membership of an association such as IOC.

Research purpose

Little is known about the lived experience of how coaches, coaching psychologists and ‘cross-boundary experts’ navigate the ethical and boundary issues when working with a client who presents as having, or possibly having, a mental health issue. I surmise that this is not a one size fits all approach, with much being left to the coach’s discernment. This research is to collaboratively explore the differences and similarities of how coaches navigate the grey space, an area that I argue has a preventative potential, particularly with regard to stress-related mental health illnesses.

Research aims

To better understand how we as coaches can enhance our own practices and management of the grey space while engaging in stress management, resilience and personal development coaching, through shared knowledge and collaborative learning. To improve the management of boundaries and ethics both for coaches within practice and to safeguard clients. My research will be a qualitative piece drawing on a range of methodologies, including action research.

Benefits of taking part

Participating in this action research may be viewed as a personal development opportunity, offering the chance for shared learning, as well as insight into how other practitioners navigate and grapple with this space.

It is here that I see immediate benefit for you as a practitioner and everyone participating, as reflection and the further development of skills can take place immediately through this research process. My hope is that through participating in the research we will all come away having enhanced our skills.

Commitment required

- Attending two workshops. The first will take place on 27 March 2020 -10am-5pm – Boston, Massachusetts (venue to be confirmed) , the second 4–5 months later, at a date agreed by the group.
- Participation in reflective exercises, considering how you manage this ‘Grey Space’ within your practice and how the knowledge gained from the workshops may influence you as a coach.

For more information or to register, please contact me on Lauretta@laurettacundy.com

****Please contact me on lauretta@laurettacundy.com so I can finalise your participation and explain how to prepare for the first workshop.****