

Out Now!!

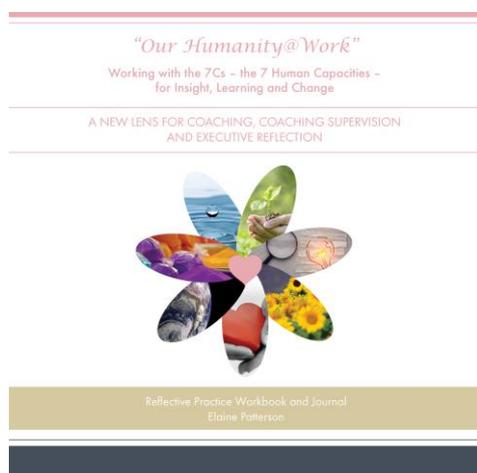
“Our Humanity@Work”

Working with the 7C's – the 7 Human Capacities – for Insight, Learning and Change A New Lens for Coaching, Coaching Supervision and Executive Reflection

A new Reflective Practice Workbook and Journal from Elaine Patterson, Author of “Reflect to Create! The Dance of Reflection for Creative Leadership, Professional Practice and Supervision

I am delighted to let know that my new book is now out!

“Our Humanity@Work” - the 7Cs for Learning, Insight and Change - is a new reflective lens for heart-based Coaching, Coaching Supervision and Executive Reflection in today's often harsh and complex world.



This Reflective Practice Workbook and Journal invites you, the reader, to touch, discover and explore – for yourself and with your clients – the complementary richness of our innate human qualities of Care, Curiosity, Courage, Compassion, Connection, Creativity and Contemplation for wise heart-based work and humane change in turbulent times.

Each quality is described and defined in detail, together with key inquiries to help bring each quality alive. The journey starts with embracing our own vulnerability and humanity. A reflective self-assessment map is included to help you to identify the capacities and qualities which you would like to invite more of into your life and work.

This Workbook is designed as a resource book, as a guide, as a companion and as a coffee table book, which you can dip and out of it as you need.

“This is simply a gorgeous way to consider reflection-on-practice – such a freshness and such a carefully considered process. Every one of the 7Cs lights up new territory for us to explore. Elaine Patterson is a well informed and capable guide and this imaginative and powerful process is a perfect companion for leaders, supervisors and coaches who want to stay open, stay fresh, enhance their professional skills and work with our shared humanity.”

Edna Murdoch, Founder and Director at the Coaching Supervision Academy Ltd.

“The 7Cs is an inviting portal and a threshold to a deeper and richer connection to who we are when we work. This workbook goes well beyond competencies to help the practitioners and clients alike get to the conversations that make the real difference in touching what is possible and transformative.”

Karyn Prentice, Fletcher Prentice Associates

“The 7Cs form a necklace of precious stones, unique and in absolute harmony. I have been transformed in each immersion in this necklace!”

Clenir Streit, International Coaching and Consulting, Rio Grande do Sul, Brazil

Available in print from Monday 3rd February 2020!

Proceeds from the sale of the book will be donated to support the implementation of the UN 2030 Sustainable Development Goal No. 4 for Quality Education and Lifelong Learning for all. (Please see www.globalgoals.org).

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