

VISUAL LANGUAGE TRAINING TO ENRICH YOUR COACHING SKILLS

“MAKING A JOURNEY FROM WORDS TO IMAGES AND BACK TO WORDS IS A POWERFUL TOOL FOR UNLOCKING INSIGHTS AND INSTINCTS FOR BOTH COACH AND CLIENT.”

PETER MOOLAN-FEROZE, VISUAL LANGUAGE AND CREATIVITY SPECIALIST

Twenty years ago I was running a workshop near Kent, the aim of which was to show managers how to use drawing and painting as a tool to explore alternative solutions to problems. Several participants commented on the usefulness of the workshop for strengthening communication, innovation and leadership. A coach named Roger showed me his sketches and commented. “It was really refreshing to make images rather than simply talking.”

Since then I have provided creativity and communication workshops for many different businesses across a variety of sectors. Recently, my mind has returned to that comment of Roger’s all those years ago, so beguiling in its simplicity: how refreshing it is to make images rather than simply talking.

From Words to Pictures

I want to appreciate what this really means for coaching and its significance for learning. I am currently working with executive coaches, teaching them to employ sketching and painting so that they, in turn, can enable their clients to use these tools in their sessions. In my one-to-one workshops, I combine drawing and painting with conversation. We focus on self-discovery and the empowerment that comes through working with the visual.

Dwelling in Feelings

By moving away from words and conversation to pictures, the participant is freed up to dwell in the realms of feeling and silent creation. The magical



“Drawing about my emotional responses has heightened my awareness of my own blocks and has given me a way to reframe them. These one-to-one workshops with Peter have opened my eyes to a whole new way of thinking and working with my clients.”

*Kate Burrell
HR Manager & Coach, University of the Arts, London*

relationship between words and pictures and the bridge that can be created between these two forms of language is fascinating. To make a painting is like looking at your feelings and ideas in material form.

The client can enjoy the freedom of being released from the necessity of having to articulate their ideas through words, a welcome relief from the ever present demand to speak or write in the business environment.

"Peter's creative knowledge changes the way in which coaches approach their work. His course dramatically increases interpretive skills and thereby enhances the client's experience. This is an invaluable tool for coaches and the use of pictures can transform the way a client sees him or herself."

*Lorraine Steele -
Owner, Steele Consulting*

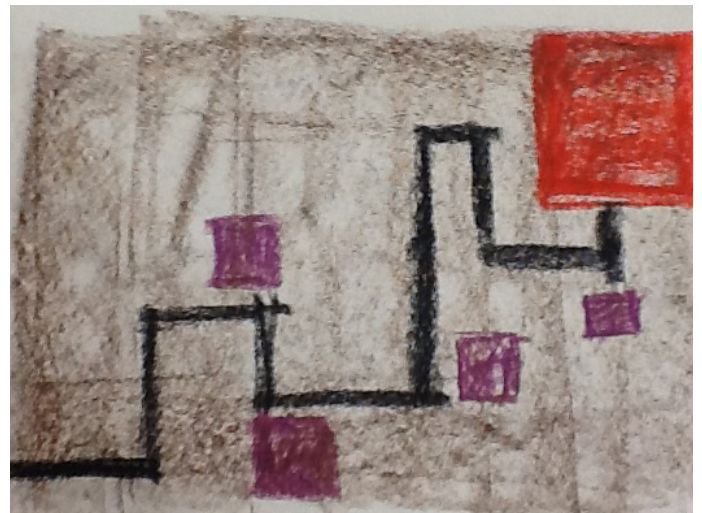


This is instrumental for both coach and client as the painting and its energy become an expression of feeling itself, rather than a verbal explanation. Spontaneous painting by-passes the rational mind and releases the subconscious with all its rich aspects. I witnessed how deeply liberating this was for one of the coaches I am working with and it led her to discuss and resolve a number of issues that were blocking her own work aspirations.

Journey Back to the Word

The value of temporarily moving away from words to pictures is that we can return to words with the benefit of having journeyed somewhere else. When a coach explores the meaning of a phrase with the client a number of ideas might emerge. Creating drawings around that phrase can lead to fresh perspectives and even unanticipated ideas. It is an alternative way of tapping into feelings and can change the pace when coach and client become stuck or need a different energy.

Words are our first language but sometimes they become more pertinent and magical when we can take a break from them, dive into the visual realm and then make the journey back with fresh insights and a new way of seeing and listening.



"Since that first encounter I have enjoyed many successful collaborations with Peter where clients have been inspired and released in their thinking. He has been an inspirational partner in my professional journey forever stimulating in conversation and great fun to be with. The carefully crafted exercises he develops and how he uses them always has a great affect on people."

Roger Wythe - Facilitator & Coach

COACHING PACKAGES WITH PETER

These transformational workshops with Peter Moolan-Feroze will release latent creative potential for both coach and client.

No drawing skills of any kind are needed to fully benefit.

One-to-one coach training - A course of three one-to-one, 2-hour workshops costs £900 per person.

Paired Workshops - 2 coaches participating in the course of three, 2-hour workshops costs £750 per person.

For further information contact Peter: peter@moolanferoze.com or call 07787 537 098