

## **ICF Paris Île de France proposes ICF Paris International Breakfast Meeting**

Monday 16<sup>th</sup> October 2017  
from 8 a.m. to 10 a.m. sharp  
at Brasserie 12-15, 39 rue Caumartin, 75009 Paris  
(Métro Havre-Caumartin)

### **Programme – in English**

### **Tips and Hints for Coaches from Neuroscience with Dr Patricia Riddell, Professor of Applied Neuroscience**

The brain is responsible for our thoughts, emotions and actions. Research into the workings of the brain has exploded over the last 30 years and has provided insight into how the brain works. We now know more than ever about how we think, our emotional responses and action planning that we ever did. Learning about this remarkable organ is therefore likely to provide coaches with ways in which they can help their coaching clients more effectively.

ICF Paris Ile de France is very pleased to welcome Dr Patricia Riddell, Professor of Applied Neuroscience, who uses her understanding of neuroscience and her knowledge about the world of coaching to develop tips and tools that help coaches to understand themselves and their clients better. Previous workshop attendees have often commented on her ability to make the complicated easy to understand and put into practice. In this Breakfast workshop, she will cover two important areas which will be of use to coaches:



- Empathising with yourself  
Have you noticed that the people you coach are often their own worst critics?  
Would you like to know what happens in the brain when people are tough on themselves?  
Would you like to learn tips to help people you coach reduce this?
- Exploiting and Exploring  
Why is it that some people are happy in one job for a working lifetime while others switch careers regularly?

How can we tell when clients are ready for a change and help them to explore what to do next?  
Are there signals in the brain that regulate this change?

We will explore these topics with input about the neuroscience of these processes and with interactive exercises to let you use these new ideas immediately. The session will be informative and fun. Come and learn a little about how increasing your knowledge of the brain can help you and your coaching clients.

### **Speaker profile**

Patricia Riddell is Professor of Applied Neuroscience and an expert in the fields of coaching and leadership. She has degrees from the University of Glasgow, Imperial College, London and the University of Oxford. One of her main interests is the ways in which neuroscience can be applied in the business world, supporting and extending our understanding of human behaviour. She collaborates with colleagues at Ashridge and Henley Business Schools researching aspects of leadership. As a result of these collaborations she has developed a unique combination of skills that allows her to bring neuroscience solutions to individuals and organisations.

Patricia provides access to Applied Neuroscience through customised training, consultancy and public programmes. She brings both her training as an NLP practitioner and her neuroscience background to this work. This allows her to combine the latest neuroscience with practical interventions to immediately impact real world challenges facing individuals, teams and organisations.

The current revolution in our understanding of the complexities of human behaviour provides an opportunity to use our brains better. Understanding and communicating this information requires a new breed of professional both with expertise in neuroscience and experience in the ways in which neuroscience can be used to tackle real world issues. Patricia's range of experience and expertise is exquisitely suited to this role. She enjoys working at the interface between science and the business world, and finds this role challenging and exciting.

ICF Paris International. is an English-language initiative by ICF Chapter Paris Ile de France. The quarterly English-language breakfast meetings aim at creating an opportunity for the international coaching community to get together in Paris. Internationally renowned and diverse guest speakers are invited to share about trends, best practices, methodologies, tools with the coaching community in France. The events are open to all nationalities, to both ICF members and non-members.

We welcome your contributions to make our events successful. Please contact one of our ICF Paris International team members within our chapter to share your suggestions, contacts and proposals:

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**Compulsory inscription on the ICF France website**

**[www.coachfederation.fr](http://www.coachfederation.fr)**

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**10 euros (ICF members) – 15 € (non-members) (compulsory on line payment).**

**Any refreshments ordered outside of the package will give rise to a supplement**