

## **Psychology for Coaches Testimonials**

"Psychology for Coaches gave me a wide range of perspectives in psychology. Small group breakout dialogue made it both thought provoking and enjoyable. A well curated vision of where psychology and coaching intersect. " - Elizabeth

"Thought provoking, beautifully challenging, deeply insightful – Julian's delivery style, course content, and expert coaching style were inspiring as he modelled the way. I thoroughly deepened my knowledge and understanding of psychology and applications to coaching. More importantly, perhaps, the course has led me to more deeply reflect on how I show up as a coach and how I can change for greater inter-personal and intra-personal impact." - Steve

"Psychology for Coaches made quite an impact on me! The combination of the readings, videos, the weekly reflections and group discussions was great. You did an excellent job: connecting the group, giving a clear roadmap and guidance, your insightful reflections and the fact that every opinion and everybody mattered. I really loved it, thanks!" - Puck

"Having been an executive coach for a while, I have come to find that most CCEU courses are kind of 'same old, same old.' Julian Humphreys' Psychology for Coaches course was like a breath of fresh air! It is completely different from any course I have attended and provides insight into the valuable psychological background undergirding many of the theories and practices we apply in coaching. I strongly recommend this course." - Mike

"Julian Humphreys' Psychology for Coaches is a one of a kind experience for the curious mind, a unique blend of psychology and coaching, with an amazing selection of resources, topped off with a fabulous interactive live lesson each week. I highly recommend this course to all coaches, and in particular will miss those precious moments where great minds from around the world met online each week, and exchanged their fascinating and diverse points of view. Thank you so much for creating this opportunity!" - Catherine

"Psychology for Coaches is a well-designed, thought provoking, and challenging dance through ten different schools of psychology. The weekly Zoom calls with your cohorts bring richness and depth and a broader context to the assigned readings. I really appreciated how Julian guided us with a very light touch through the learnings, and helped us also understand our own personal biases and how they can impact our work with clients. Great learning for me both professionally and personally." - Debra

"Julian's course provides a strong foundation with which to underpin a serious coaching practice. I came out of it understanding my own coaching far more deeply, and more importantly, understanding how much more there is to learn about how we, and our clients, can transform and grow. And! the class was challenging, fast-moving, supportive and fun! I can't recommend it highly enough." - Joe

“Psychology for Coaches course has allowed me to expand my coaching skillset while also tapping into my existing strengths as a coach. The format of the course allows for deep thinking and processing of the content, individually and in a group setting. Julian creates an openness, allowing insights to arise while also hearing varying perspectives from others. All the while, Julian is guiding us along, providing healthy challenges to further our perceptions and learning.” – Joelyne

“The course is all you said it would be and all I was hoping for – specifically, to understand the theories and concepts of each school and see how I can leverage that knowledge in my coaching practice. The class size was perfect. It came to be like a group of colleagues coming together weekly to discuss interesting topics, share ideas, and offer practical coaching tips. The variety of views stretched my thinking. I actually liked that it was less “lecture” and more exploration. I read every page assigned and every video – some I liked and others were unsettling, but each was thoughtful in its selection and purpose. It was not just reading for reading. The reflection format was very helpful and offered the opportunity to personalize it to what I needed from that school and not something you thought I should get out of that school.” – Doreen