



MILTON KEYNES, ENGLAND

The Inner Journey

26 – 28 Oct 2026

The Inner Journey



Milton Keynes · 26 – 28 Oct 2026

Coach education · 20.5 ICF CCE units



WHO IT IS FOR

People who already
listen well

- Coaches
- Trainers and facilitators
- Leaders



DAY ONE OF THREE

Emotions

Name the feeling, then
the need underneath it.

DAY TWO OF THREE



APPRECIATIVE

Picture cards

They reach what
questions do not.



DAY THREE OF THREE

Strengths

Spot the one that is
already in the room.



HOW IT RUNS

**A group small enough
to try something badly.**

High trust, by design. That is where
the learning actually happens.



NEXT STEP

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