



302nd Meeting of the IOSH Thames Valley
Branch held on 21st September 2020 via Zoom

Members present:

Adeshina Adeboye, Jasmine Adley, Anju Aslam, Nick Bathurst, Paul Beaumont, James Brown, Graeme Bruce, Mary Carter, Neil Catton, Tanya Chalkley, John Chandler, Bosco Tsz Yan Chan, Marina Clifton, Lauren Crawley, Mark Cummins, Simon Cutmore, Toyin Dairo Graham Dandridge, Saad Dirar, Liz Dirjal, Bernadette Disborough, Kieran Doona, Michael Duffy, Jon Eades Lorraine Everett, Michael Emery, Melissa Fazackerley, Neil Ferguson, Kevin Frost, Chris Fulgoni, Joe Fullbrook, Jason Gawronski, Angela Giakovmis, NG Gopalakrishnan, Ajay Gopalakrishnapillai, Laura Graure, David Heath, Robert Higgins, Christian Hopper, Shirley Hoskins, Anne Isaacs, Grahame Jamieson, Greg Jones, Martyn Jones, Thomas Jones, Muhammad Panikkar Kandy, Myra Kelly, Youssef Khalife, Mohammed Khider Holi Mohammed, Chris Knagg, Zuzanna Lalanne, Bridget Leathley, Kim Leith, Mariaca Mariaca, Melissa Mark, Daniel Marshall, Karen McDonnell, Patrick McGoldrick, Andrew McNair, Abdullah Mohammed, Nicole Morrison, Nathalie Muller, John Nelson, Telma Neto, Keith O'Connor, Moses Omondi, Derek Page, Martin Parvia, Shirley Parsons, Tyrone Partridge, Michael Pitfield, Michelle Pitkin, Mark Polley, Jim Prowse, Steve Pulling, Dympna Sanders, Lindsay Sedwards, Martin Stretton, Neil Smith, John Steed, Derek Stevenson, Darren Sutton, Paul Thatcher, David Thomas, Leeroy Thompson, Jennifer Toner, Marion Virgo, Marc Warner, Russell Wilkinson, Chris Williamson, John Whittle, Tom Wike.

Apologies : Chris Stops, Tom Wilson.

Branch presentation

Michael Emery gave a zoom presentation on 'coaching for safety'

His slides are on the Thames Valley branch website under 'recent events'

<https://iosh.com/membership/our-membership-network/our-branches/thames-valley-branch/>

Michael finished by announcing that he will have free book published in the near future on coaching and he is proposing to run a free coaching experience via Zoom in late October / November for not more than 10 delegates. Delegates should have a topic, there will be 30 minutes conversation in breakout rooms and then feedback to the group of individual experience in the coaching session. Contact him at

Michael@securushealthandsafety.co.uk

Members Questions to Michael

- 1) A member asked "IOSH run mentoring but what is the difference between mentoring and coaching?"
Michael responded that there is very little difference between them but mentors usually have some knowledge and experience of the needs of the mentee, whereas a coach may have no knowledge of the particular query or topic but elicits the answer or solution to the problem from the person coached.
- 2) Another member asked "How do you find a coach and how do you find a good coach?"
Michael said this is a difficult question, there are lots of coaches, look on LinkedIn to see. There are different kinds of professional bodies for coaches. The market is saturated but finding good one is tricky. It's important that you establish a rapport with the coach.

Reply to: David Heath, Branch Secretary

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