



**GRŴP IECHYD A DIOGELWCH GOGLEDD-ORLLEWIN  
CYMRU  
NORTH WEST WALES HEALTH & SAFETY GROUP**

**Wednesday 14<sup>th</sup> January 2015 - 2.00pm – 4.30pm**

Main Lecture Theatre, Ground Floor, School of Electronic Engineering, Dean Street, Bangor LL57 1UT

**'Soft Skills for Safety Practitioners'**

**Michael Emery**

**Life Skills Coach, Securus Health and Safety Ltd**

**THE TALK**

Safety Practitioners know about the law and the standards that need to be achieved and how others have solved problems. This is the greater knowledge and understanding they bring to a conversation. But there is a growing realisation that technical capabilities alone are not enough. Increasingly organisations are looking for safety people with a more sophisticated skill-set than some of the more traditional stereotypes. They want Practitioners who can collaborate with managers and support them in exercising their responsibilities. Coaching is all about being collaborative, supportive and helpful. The Talk will cover:

- What is coaching
- The attributes of a good coach
- Active listening exercise
- The GROW Model
- The role of a Safety Practitioner
- Why Safety Practitioners need coaching skills

GROW stands for:

- **G**oal
- **C**urrent **R**eality
- **O**ptions (or Obstacles)
- **W**ill (or Way Forward)

The GROW model was originally developed in the 1980s by performance coach Sir John Whitmore. A good way of thinking about the GROW Model is to think about how you'd plan a journey. First, you decide where you are going (the goal), and establish where you currently are (your current reality). You then explore various routes (the options) to your destination. The final step, establishing the will, you ensure that you're committed to making the journey, and are prepared for the obstacles that could be met on the way.

**THE SPEAKER**

Michael Emery is the owner and director of Securus Health and Safety Ltd, a Lancashire-based consultancy. He has managed health and safety for several leading organisations, household names at home and abroad.

Michael is a qualified Executive Coach accredited with the Academy of Executive Coaching (AoEC). He helps other safety professionals be the best they can be, whether it is 1:1 coaching support they need or training in the use of coaching skills themselves through the unique IOSH Approved Coaching for Safety Programme.

**Further Information:**

Securus Health and Safety Limited:  
[www.securushealthandsafety.co.uk](http://www.securushealthandsafety.co.uk)

Refreshments will be provided from 2.00pm.  
Talk starts at 2.15pm.



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### **VENUE**

The Main Lecture Theatre is on the ground floor of Bangor University's School of Electronic Engineering Building (*this building may also be referred to as 'Informatics'*), which is located on Dean Street in Bangor LL57 1UT. The Lecture room is accessible via the main entrance and then follow the directional signs on display.

The University is signposted from the A5/55 Expressway. A location map for the School of Electronic Engineering building can be found at: <http://www.bangor.ac.uk/tour/LocationMap.pdf> position 74.

### **CAR PARKING**

Please be aware that you can access the University Dean Street Car Park by entering the following PIN number: **5785** at the Barrier. This **PIN number** will only work for this Car Park and only on the afternoon of the Talk and should not be disclosed / displayed to other people.

Coming from Garth Road onto Dean Street, the entrance to the Car park is the second access road (unmarked – enters into University premises) on the left opposite the new NCP car park.

**Please ensure you park within designated car parking spaces and display your Permit.** The Car Parking Permit is printed at the bottom of this Flyer and must be displayed in the front windscreen. The University operates strict *Parking Regulations* and your vehicle may be towed-away immediately if blocking access or pedestrian routes or otherwise causing a health and safety hazard. Vehicles parked without a valid Permit may be immobilized and a cost is associated with its release.

### **FURTHER INFORMATION**

For further Information on the Group please contact 'Health and Safety Services', Bangor University, Penbre, College Road, Bangor, LL572DG Tel 01248 383847, email: [lisa.fowlie@bangor.ac.uk](mailto:lisa.fowlie@bangor.ac.uk) or visit the Website at <http://hsgroup.bangor.ac.uk>

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### **CAR PARKING PERMIT**



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**BANGOR**  
UNIVERSITY

**Grŵp/Group: NWWHSG**

**DYDDIADAU/DATES: 14/01/2015**

A warm welcome is extended to all Members and non-members with an interest in this subject.