



Roots To Rise

(Teakisi coach training)

Welcome

Training Days:

Wednesday 10th December 2025

Thursday 11th December 2025

9.00am - 4.00pm Online Zoom

Embedding Session:

Wednesday 18th March 2026

9.00am-12.00pm Online Zoom



Roots To Rise (Teakisi coach training0

9.00am - 4.00pm, Online

Day 1 and Day 2 plan

From 8.50am	Arriving and settling in ready to start at 9:00
9:00am	Check in, guided delivered learning and group exploration
11.30am	Individual time for reflection, application and learning, and lunch
2.00pm	Coaching practice, guided learning and group exploration
3.34pm	Checkout and reflections
4.00pm	Close

Teakisi coach training facilitators

Cath Brown, Ngozi Lyn Cole and Busola Afolabi

Zoom link

<https://us02web.zoom.us/j/89865581696?pwd=91JtpcWl8mJusiFEtYDZaQAPoI58Gs.1>

Meeting ID: 898 6558 1696

Passcode: Welcome

To join the workshop, click on the Zoom invite link above. If you're joining from your browser or phone, use the meeting ID and passcode if you are asked for it. The UK has several numbers to try including +44 203 481 5240 and +44 131 460 1196 . If you need to search for other numbers, visit <https://zoom.us/zoomconference> (scroll down to United Kingdom numbers and use any of the numbers listed).

Ideal settings for the day (if possible)

- connect with a computer, rather than a tablet or a phone
- a quiet, dedicated space where you won't be disturbed (and won't disturb others)
- a well lit space for a video call
- access to power supply or a fully charged laptop
- a set of earbuds or headphones with a mic can help cut down ambient noise
- good, stable wifi

We'll ask you to keep your audio off unless you're talking to reduce background noise. We'd love you to have your video on so we can see each other but we encourage you to do whatever makes you comfortable. You might find it more comfortable to 'hide self view' so you can't see yourself but others can still see you <https://support.zoom.us/hc/en-us/articles/115001077226-See-or-Hide-My-Video>. We include breaks for you to have time away from the screen, move around and get some fresh air.

Your *Teakisi* coach training learning community

We think one of the best things about *Teakisi coach training* programme - other than learning about coaching and coaching others - is the learning community we create together and the relationships you form and grow with your fellow learners by being together on the training. We encourage you to connect with each other during the programme and afterwards. You all confirmed you were happy to share your emails with each other.

Name and organisation

Your Facilitators

Cath Brown, Yes We Can CIC

About Roots To Rise

Teakisi coach training is a 2 +½ + ½ day programme with coaching practice. This includes two days of training in Autumn 2025 and a follow up CPD session to bring case work and reflect on your coaching practice in Spring 2026 and Summer 2026

The programme is interactive and requires participants to engage in a process of self-awareness and self-development. You will be asked to complete some coaching practice between the training and the CPD sessions. We will help match you to coachees.

The training days focus on and explore the mindset and skillset of a coach. You will be able to leave this training able to practice as a coach operating formally and effectively. The objectives for training are

- to explain how coaching and mentoring benefits individuals, communities, and organisations
- to provide best practice, contracting and records to enable participants to formally coach
- to share the process, tools and techniques required for effective coaching
- to develop the knowledge, skills and confidence to perform effectively as a coach.

This programme is designed to meet the qualification needs and so will pave the way to this progression if you choose this and are able to access funding / self fund.

Programme dates

- Training Dates 10th and 11th December 2025 9.00 - 16.00 online
- Embedding Session 18th March 2026, 9.00am - 12.00pm, online

About Teakisi

We are more than an organisation - we are a dynamic and impactful community resource creating programmes that deliver real change. Our work sits at the intersection of race, gender inequality, and social justice, addressing the barriers that prevent communities from thriving.

What sets us apart is our holistic and inclusive approach. We work across the North East and Cumbria, collaborating with individuals, businesses, and organisations to build stronger, more connected communities. Whether through skills development, networking, advocacy, or cultural initiatives, our programmes empower people to shape their own futures while creating lasting impact.

We believe in action over words. That's why we're committed to building a community where everyone has a voice, opportunities are within reach, and achievements are recognised. We don't just talk about representation, we actively create spaces where people from all backgrounds can contribute, lead, and thrive. By listening, and learning, we drive real change that makes a lasting impact on individuals, businesses, organisations and communities alike.

01 COMMUNITY

02 COLLABORATION

03 CHANGE

Our Campaign

From the start, Teakisi's goal was to help raise the voices of others and speak against any form of discrimination, especially when it is affecting people who are frequently marginalised and stigmatised. As an organisation working for social equality & justice, we believe that challenging unequal power structures, racism, sexism, gender-based and sexual-based violence and hate crimes is our shared responsibility.

Our approach

How you'll learn

In the online programme, we use a mix of short presentations, group work and individual exercises with two hour block at the start and at the end of the day plus time for self-directed learning in between. We aim to make the sessions engaging and interactive so you learn from each other as well as from us as a learning community. This will help to make the days as applied as possible, allowing you to make links between what you're learning, your experiences in your current roles, and your future practice. We work together to deepen understanding and model best practice.

Join a learning community

We know learning is a collective experience as well as an individual one. We encourage each cohort to share contact details, build relationships, and support and learn from each other while on the programme and after. We also encourage you to join North East Together, the network for social change leadership to connect with fellow social leaders, be inspired and supported, to continue to learn and develop your practice, and to grow and deepen your network medium.com/northeasttogether.

Leadership as a practice

We believe leadership is a practice. To us, this means leadership is open to everyone, we learn by doing and, as it's a continuous process, you'll never stop learning and will get better at it over time. It also means you're not on your own. It's a collaborative and shared activity where you learn and grow with other leaders to share what you do and learn from each other to build up our individual practice and that of the sector.

About Yes We Can

We develop social leadership in the north east. But we don't, and can't, do this alone. We're part of an ecosystem that supports and develops social leadership across our region. Together we work so our civil society is impactful, resilient and influential. We work with social leaders to be better leaders, managers, trustees, networkers, collaborators, facilitators, coaches and mentors. We offer training programmes, workshops, coaching, mentoring, action learning, facilitation and other initiatives.

The Yes We Can team is Robert Laycock and Stephanie Cole working with Cath Brown, Duncan O'Brien, Marie Foalle and Sue Osborne. We've been working together since 2016.

www.yeswecan.community