

CONTRIBUTIONS

Leadership Coaching

Action Learning Groups – two groups for CEOs of large NGOs are confirmed and scheduled for 2018. A further group is being planned; as is another for Senior Leaders of large NGOs. The latter is also open to those from the for-profit sector. And, to warm up things up, there is talk of a mid-winter social event for the combined groups.

Contact me to find out more.

Psychosocial support

Continued on-call consultant support for Médecins Sans Frontières. Ongoing consultancy with:

<http://www.mandalastaffsupport.org>

Supervision

Co-writing a brief case study for Stephen Palmer and Eve Turner's forthcoming book on "The Heart of Supervision".

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LEARNING POINTS

Leadership Coaching

All the people I work with are well-motivated and have genuinely good intentions. Often they work in environments where others sometimes appear deliberately to make things difficult. I salute those who engage with those "difficult people" – and smile with them when they often discover that a small conversation often produces great results. **Let's affirm and build** upon our courage to have those difficult conversations: it is about us; and it is about those we serve.

Psychosocial support

Mental Wellbeing – organisations that value their staff appreciate that sustaining mental health:

- Is more than a brief workshop on understanding "resilience"
- Evolves from a lifestyle that includes realistic expectations, and careful management of time around: work; socialisation; and sleep hygiene (diet; exercise; reflection; sleep)
- Is harnessed through ongoing discussion and adaptation between the organisation and each staff member

Supervision

Self-resourcing – in relation to supervising others, wasn't something I'd often consciously considered, despite its obvious importance. I'm interested to know what others do.

Thanks for your referrals and recommendations – always appreciated.



**Thanks again for our connection
Enjoy the transition to 2018
And before that:
Have a great break!**

Quality Relationships | Meaningful Work | Inner Harmony

COACHING

PSYCHOSOCIAL SUPPORT

SUPERVISION