

Workshop:

Taking our learnings forward

Brief overview

This session will be guided exercise taking a view through time across the experience of the pandemic. What have you learned about that time?

What is your perspective now? How will those learnings shape you and your work in the future?

Bring post Its/paper and pens to the session.

About the speakers/facilitators

Greta Irving Is a Therapist, Coach, Facilitator, Trainer and Clean Language practitioner.

She started her Coaching journey in 2004 and has coached in Leadership and Management Development. Personal Development, and Wellbeing contexts.

She trains coaches as part of their journey to certification in Executive and Leadership Coaching. She incorporates the use of Clean methodologies such as Clean Space, and Emergent Knowledge into her coaching and therapy and loves to use metaphor and spatial processes in her work.

She is also a UKCP registered psychotherapist and a HeartMath Coach.

