

# Coaching and Facilitation

Do you work at the forefront of sustainability, climate change, nature loss, pollution and / or social inequality?



I work with people who:

- 🌱 Want to make a real difference to the world, here and now, and to leave a positive legacy.
- 🌱 Want to play more than a small part in changing the trajectory that we're on if don't take action.
- 🌱 Sometimes face deeply ingrained systems and 'business as usual' cultures, seeming indifference and vested interests, which can bring resistance and make your progress painfully slow.

I know that your kind of work can be exhausting at times but hugely exhilarating at others. If you have lost hope I'll help you to rekindle it - without brushing your feelings under the carpet. I can support you on practical, emotional and relational challenges, and help you to develop new perspectives, skills, and strategies.

I work with individuals, teams and groups and my clients include:

- **Change makers** working with sustainability & social issues, helping them to focus, prioritise, build strong relationships, stay the course and overcome barriers to progress;
- **Career changers** yearning for a more meaningful & impactful career but who don't know what their talents are, where their North Star lies, or how to make the transition;
- **Social entrepreneurs & finance professionals** focused on building or funding collaborative ventures in the service of a better more inclusive, equitable society and planet;
- **Influencers** who want to communicate, connect and engage others more skilfully, and to be resourceful and resilient in the face of denial or seeming indifference;
- **Activists and advocates** working on the challenging front line, helping them to look after themselves and their mental wellbeing, avoid burnout, regain their mojo and channel their energies into action;
- **Coaches** who want to focus their practice on coaching for people and planet, whilst earning a fair living.

As a seasoned coach, facilitator, therapist, keynote speaker, masterclass presenter, supervisor and mentor, where useful and invited by you I can share experiences, ideas and frameworks from the fields of psychology, behavioural economics, and leadership, as well as connections from my network. But most of all I will provide the time and the space for you to think for yourself.

In working with me I hope that you will find even greater purpose so you can lead yourself - and others - with a clear head, brave heart and steady feet.

For an exploratory, confidential discussion, contact me at [linda@aspey.com](mailto:linda@aspey.com)

