

Linda Aspey

Speaker – Coach – Psychologist - Facilitator – Therapist - Writer

“Linda is an astute business leader with finely honed communication and management skills. An inspiring speaker, coach, and seasoned facilitator, with deep expertise in climate psychology, she has a unique ability to form excellent relationships with everyone that she works with.”

Neeta Patel CBE, NED & Board Member, ex CEO New Entrepreneurs Foundation.



Linda brings powerful, constructive approaches to help people to **think, feel, talk about, and act on the many crises we face** in the world today including **climate, ecological, pollution and social justice challenges**.

She makes **human nature** and **complex psychological and emotional** responses like avoidance, denial, and indifference **easy to understand, building people’s confidence, commitment, and skill** in tackling tricky issues.

She has over 30 years’ experience working with leaders, teams, groups, and individuals to facilitate better **conversations and better relationships** so they too can **inspire** others to **make change happen**.

Sample Keynotes & Masterclasses

- **Climate psychology for effective communication:** *Tools, tips, techniques and strategies from climate psychology and behavioral economics for communicating climate and environmental issues in a brain friendly, effective way.*
- **Climate seems to be the hardest word!** *Why it’s so hard to talk about and how to move beyond awkward and unwelcome conversations to productive conversations that engage and inspire.*
- **Leading on climate and environmental issues:** *How to lead and create an environment that engages whole organisations and communities to take effective action on climate change and environmental regeneration.*
- **7 ways to manage climate distress:** *How climate change and crisis can impact on relationships, mental health and wellbeing, and how to build greater resilience.*
- **Leadership skills for a changing, challenging world:** *Leaders of today need to meet multiple challenges – what skills can they hone now and for the future?*
- **Leadership for a “Thinking Environment”:** *The quality of everything we do depends on the quality of the thinking we do first; 10 ways that leaders can create the very best conditions for quality thinking and great results.*

She has given climate talks for a variety of audiences and organisations including:

- Stratford Green Week, Stourvale Action for the Environment, Sustainable Brailes
- Cheltenham Borough Council, Cheltenham Zero and Planet Cheltenham
- The Summit on Mental Health and Climate Change, Canada
- British Assoc. of Counselling & Psychotherapy, the Climate Psychology Alliance, the Climate Coaching Alliance
- University of South Wales
- Numerous SME Advisory and Peer Groups
- Bristol Community Radio
- Agile Online Global Summit
- ALSO Festival
- Green Health Wales
- HEIW (Health Education and Improvement Wales) Leadership Academy
- Adderbury Annual Gathering
- Academi Wales Summer School for Leaders
- European Coaching & Mentoring Conference
- West Midlands Coaching Conference

Continued overleaf

Some recent Thinking Environment talks

- West Midlands Combined Authority
- Frimley Health NHS Foundation Trust, Leadership Academy
- Academi Wales Summer School for Leaders
- HEIW (Health Education and Improvement Wales) Leadership Academy
- SME Advisory and Peer Groups

Credentials

- Alumna of the Cambridge Institute for Sustainability Leadership (CISL) Business Sustainability Management programme (BSM)
- CISL course assessor on the BSM & Women in Leadership programmes
- Climate Aware Practitioner, Psychology for a Safe Climate, Australia
- NetZero, Doughnut Economics and Citizens Assembly training
- Co-editor *Holding the hope: reviving psychological and spiritual agency in the face of climate change*, PCCS Books, 2023
- Climate columnist, Coaching at Work magazine and writer for Therapy Today
- Certified Carbon Ambassador, and Certified Climate Coach, Academy of Executive Coaching
- Speaker, facilitator, and trainer for the Climate Psychology Alliance (CPA)
- Trained Active Hope facilitator
- Founding member, Climate Coaching Alliance (CCA)
- Master's degree in strategic HR Management, Diplomas in Counselling, Supervision & Stress Management
- Global faculty at Time to Think, home of the Thinking Environment
- Fellow of the British Association for Counselling & Psychotherapy (BACP)
- BACP Accredited and Registered psychotherapeutic counsellor (MBACP)
- Founding Chair of BACP Coaching Division
- Media spokesperson on climate for BACP and CPA
- Seasoned in chairing panels and facilitating event, extensive experience in organizational, leadership & personal development, and change management.
- Past Chair of Coaching at the New Entrepreneurs Foundation, London.

Print and Online Media

OK Magazine: www.ok.co.uk/lifestyle/eco-anxiety-worry-climate-change-29702648

Sunday Times: www.thetimes.co.uk/article/how-to-cure-eco-anxiety-the-worlds-on-fire-but-do-try-to-chill-out-399tbqx2r

Linda's articles: www.aspey.com/in-print-climate

What Clients Say

"Linda delivered a mind-blowing speech to a room packed full of leaders. While the content was challenging the delivery was compassionate. It's clear that she knows her stuff having immersed herself in the worlds of climate science, leadership, and psychology. She blends these fields to create an intelligent yet practical talk which is both thought provoking and inspirational. If you are serious about leading on sustainability then you need to hear Linda speak." Duncan Bhaskaran Brown, Professional speaker.

"Linda is a highly skilled professional with a wonderful ability to bring a group together, develop a powerful sense of team & galvanise great decision making & action." Ewan Hilton, CEO, Platform.

"I have worked with Linda over many years on several occasions and situations, throughout all of which her work and support has proved immensely valuable and effective... she is a person of huge empathy and integrity." Hannah Foster, Director of People, Royal Devon & Exeter NHS Foundation Trust, Northern Devon Healthcare NHS Trust.