

Our purpose is to support those we work with to become their own experts.

Our promise is that you will:
Experience a lot . Laugh a lot . Learn a lot

Services



Organisational Support

- Team Development through courageous conversations
- Support & Supervision - working with teams & individuals to stay curious while building their skills
- Programme & Project Development by innovating responses to emerging issues
- Evaluating programmes through the lens of the participant
- Facilitating dynamic meetings & events with small & large groups
- Problem solving through strategic conversations
- Facilitating groups on a range of thematic organisational and personal development issues
- Review & Develop Organisational Policies & Procedures (in line with best practice)



Training Programmes

- Building life fitness & resilience skills
- Implementing self-care into our daily practice
- Creative & engaging facilitation that encourages learning
- Facilitating courageous conversations to support team development
- Building connections with the people that we serve 'maintaining professional boundaries while staying human'
- Celebrating equality & diversity
- Understanding, working with & managing behaviour that we often find challenging
- Everything you wanted to know about gender & sexual orientation but were afraid to ask!



Therapeutic Life Skills

- Therapeutic life skills support for individuals and groups
- Unearthing strategies to build our resilience to life's challenges
- Exploring our courage to work with shame and vulnerability
- Exploring the impact of loss and grief

Derek McDonnell Social Entrepreneur

is a community development and training specialist with 20 years' experience. He holds a B.Sc. in Counselling and Psychotherapy and an LL.M in Gender, Sexuality and Human Rights. He also has qualifications in youth and community development, mental health, family therapy, group processes and adult education.

These are some examples of our work, but contact us directly if you would like a bespoke service or programme developed