



NEWSLETTER 10: SARAH BROSCOMBE, Oct 2019- March 2020



Hello from Lockdown in Portugal.
 Today, I celebrate 5 years of freelance life. The world has changed more in the last few weeks than the previous 5 years. And now we are entering truly uncharted waters.
 Being self-employed has never been so precarious. Would I change a thing? Hell no! My sense of being in the right life doing the right work is very strong just now.

Sarah Bro

ALL CHANGE PLEASE...

When you work internationally, you don't expect factors to arise so powerful and far-reaching that they impact the whole lot. Coronavirus has a scope hitherto unprecedented. But scope to do what? To play havoc with our lives? To face us unequivocally with the present we are in, and the future we are bringing about? To take our eyes off money and success, and focus our gaze vividly on people, health, interdependence and survival? I am under no illusions about this menace. I am privileged to have suffered so lightly to date from it. The biggest shift for me has been in how effortlessly and spontaneously I appreciate the life and people that surround me. I'm suffering a surfeit of gratitude.

HIGHLIGHTS

The final module of the Ignatian Leadership Programme in January in Northern Ireland stands out in my memory for a whole host of reasons.



An intense, multi-stage learning experience like that changes you. I learnt a great deal about leadership and about facilitation, but possibly even more about myself; what brings out the best and worst in me (some things I do really well; some useful discomfort around my relationship with my ego...), and how to deploy myself better. And it's also some of the nicest feedback I've ever received.



E.g. "This is the single best piece of professional and personal development I have ever participated in." That one gave me a glow for days!

Coaching has again been one of the big life-givers. I've got a great smorgasbord of ongoing and new, frequent and infrequent, experienced leaders and bright millennials encountering coaching for the first time. I started as an Executive Group Coach with Experiential Insight in November, and it's been fascinating working within someone else's structured model. My in-house coaching work in Edinburgh continued, as did some long-standing private clients, and I'm in the final stages of another online coaching company's recruitment process.

MILESTONES

1) Voice. I've always been oddly reluctant to leave permanent traces online. I tend to avoid podcasts and video clips, which seems rather nonsensical when I spend so much time up front running events. But when the superb Master Coach Claire Pedrick asked me to do a podcast on leadership and power, I couldn't say no. Emboldened by this, I've set up a YouTube channel where I'm loading consoling poems during Lockdown. Search **Sarah Broscombe-YouTube**, or if viewing this online see <https://www.youtube.com/channel/UctIVlcegJZiO VGqUKdwOwgA/> (if you like it, please subscribe).

2) 1000+ hours. I relish the different energies and demands of coaching, spiritual accompaniment, supervision and mentoring. As I pass 1000 hours of formal one-to-one work, I 'know' less now than I did at the beginning. My questions are consequently getting better, as I let go of the "expert" illusion.



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3) **Big print run.** Tangential perhaps, but St Beuno's chose one of my snow photos for their 2019 Christmas card. This is both an affirmation of



my photography, and a chance for me to pay tribute to a truly beautiful, life-enhancing place: a place that has done me much good.

WHAT I'M LEARNING

For those who are not struggling or afraid, i.e. for people like me who are privileged, this crisis can be a special time. We must say this humbly: those who can remain peaceful in mind throughout will not have earned the privilege. It's only a special time if we are not afraid for our livelihoods, not watching beloved people suffer and even die, and not living in an environment that is hard to endure during lockdown. Here's what I'm noticing:

Ten strange blessings of Covid19:

1. Knowing unequivocally what matters most. It's a time of sifting.
2. How much I need people, and how easily as an introvert I can forget or underestimate this.
3. Conversely, how much easier it is for introverts to feel fine in lockdown, and how vital to

cultivate empathy rather than get smug or self-congratulatory about our 'coping skills'.

4. How feasible it is to have deep 1-2-1 connection online. It's not a poor second-best.
5. Creativity: so many extra, creative and gorgeous online connections are occurring in response to lockdown.
6. The usefulness and future-orientation of the work I do.
7. That Guyana was life-lesson bootcamp! Living without basic amenities like running water, reliable nutrition or medical care etc left us permanently more resilient (it's easier to switch mindset & accept limitations).
8. The wonderful humanity, simplicity and good sense of daily life in Portugal.
9. The view from my window throughout lockdown (top of both pages).
10. Stellar company for lockdown. My husband's resourcefulness, humour and understated warm sanity never cease to amaze and impress me. (Yes, I DO know how lucky I am).

WHAT'S NEXT

How strong our assumptions can be around roughly what the future looks like. How silly that looks now! I have lost some work due to Coronavirus, but to my surprise I have also gained some. Certainly my move towards online work, which was happening already partly to reduce my carbon footprint, has accelerated sharply.

NON-VITAL STATISTICS

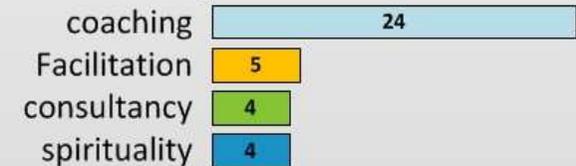
Client nationalities



1004

Formal 1-2-1 hours logged

Types of Client:



Clients over last 6 months



So my tentative plans are these. Lots of coaching (and I start pro bono coaching for the NHS next week 😊). Keep recording poems. I'm running a private online retreat from tomorrow. I've got quite a lot of leadership work and planning, including individual coaching debriefs, a leadership Module in Portugal in October, and a new UK leadership programme beginning 2021. But who knows...?!

Thank you for reading

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