



# NEWSLETTER 9: SARAH BROSCOMBE, April - September 2019



I write this in front of our Yorkshire woodburning stove, planning our return to Portugal. It's been a colourful 6 months, about half in the UK and half overseas. The work has been in bigger chunks, so it's not been manic, but deep and absorbing.

Last winter worked so well that we are doing it again. We leave 2 days before HallowBrexite, and hope to return in April, depending...!

## HIGHLIGHTS

**People.** The moment I stop to look back over these six months it's people, relationships and rich conversations that shine out, jewel-like. Actual work completed, and journeys, and outcomes, and content planning, are all just backdrop for these vivid, lovely, evolving, generous people.

**Coaching** has made up a greater proportion of my work- the most since 2016 actually. My clients currently range from 20's to 60's and include creatives, techies, leaders, and innovators; from satisfied and in flow, to yearning and in potential. They stretch, dazzle, baffle, inspire, charm and astonish me. I can feel myself creaking with all that

learning; I love it. (AND I'm working as In-House Coach for a stylish start-up company with arguably the best view in Britain!)



In July, we held Module 3 of the **Ignatian Leadership Programme** in Loyola, Spain. It's a potent place; a muscular landscape (top right) full of history and dreams and choices. The group are as impressive as ever. Some participants have the time and capacity to engage fully and maximise the learning; others use it more as respite and refreshment and solidarity. I applaud that too.



I was in **China** for nearly a month this summer. We began with a team-building week for the trainers, and then went into Year 1 of the new 3-year course, with 29 carefully selected trainee retreat guides.

The course itself was good and the trainees are an excellent bunch. For me however, the significant milestone was the teamwork- more below on that.



And there has been an intriguing flurry of **new business** conversations too; four concerning leadership, three on spirituality, two HR and one university, to be exact! Four have begun already, and a few of the others should firm up soon.

## MILESTONES

**1) A Century of Clients.** There is something very satisfying about passing the milestone of 100 clients as a freelancer. A few are one-offs; most book me for several pieces of work. At one end of the spectrum, I've been working with my longest-standing client right from the beginning. At the other end, 22 of this half-year's 33 clients are new.



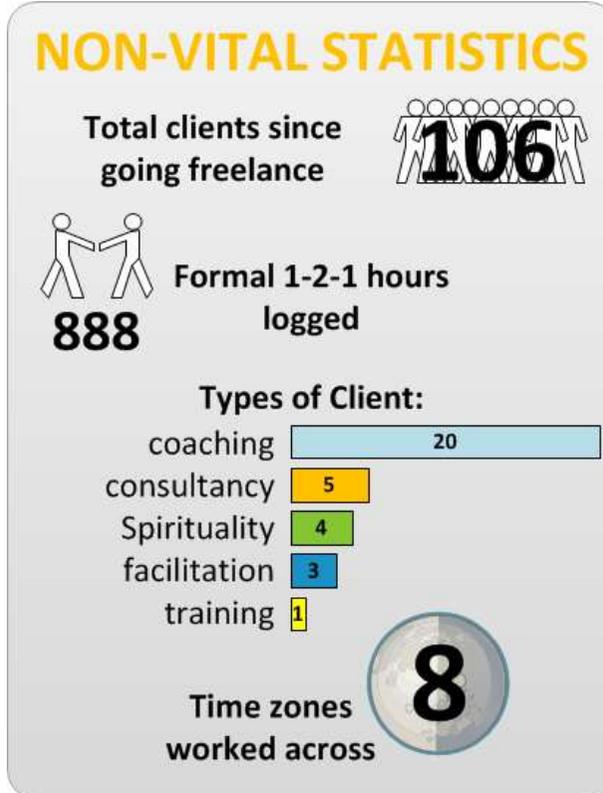
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2) **Only Westerner on an all-Chinese training team.** Our China work is really evolving as an intercultural enterprise. Way back when I lived there (from 1997-2000), the cultural immersion was primarily physical; food, climate, adjusting to a physically harsh life (especially the year on the Tibetan plateau). Now, it's primarily emotional and mental. Operating as a peer team through Chinese medium is so different: sensing as much as understanding. I need to tune into subtle and often invisible team dynamics. It's demanding. Fortunately, they are generous and forgiving!



3) **Interviewer.** I'd never done this before and thought it might be nerve-wracking. Actually it was fun. Austen Ivereigh is an easy person to interview because, as a best-selling author and journalist, he's so used to it. But I enjoyed the process of trying to synthesise questions and help the flow.



## WHAT I'M LEARNING

**Embodiment and the Somatic.** Cycling has been a key part of the last six months, and I'm beginning to understand why: it feeds my brain and sense of self as much as my physical health. More and more, I'm seeing how insidiously my education and culture has taught me to divorce mind, body, senses, emotion, and spirit. So whilst it's not exactly a Eureka moment to 'discover' that I am an

embodied and not solely cerebral being(!), I have certainly lived most of my life privileging the intellectual, logical-rational, and work-related. And it's not just me; so do the vast majority of people I work with. That's changing for me now. My coaching supervisor is a Somatic whizz, and she is really helping me with the integration stuff.

**Desk-based consultancy isn't me.** It would make so much sense with my circumstances, doing more desk-based consultancy and design work. But I find it deadening. And I'm beginning to trust that.

## WHAT'S NEXT

Pretty much all of this next 6 months we'll be based in Portugal. We're going by boat, and I'm aiming for as few flights as possible. I'm glad so much 1-2-1 work and even meetings can be done online.

In January it's Northern Ireland for the final Ignatian Leadership Module. The topic is "Leading into the Unknown" (even more pertinent now than when we planned it a few years back!). It will be the end of an era: our team are all branching into a range of leadership initiatives across different countries. My own leadership work will be changing too. And after that, it's retreats, coaching, training courses and a few leadership team days to usher in the Spring.

**Thank you for reading**  
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