

About the facilitator

Liz Hall is a leadership/ executive coach and trained mindfulness teacher.

A Senior Practitioner Coach (European Mentoring and Coaching Council), Liz's work is informed by mindfulness, compassion, somatics, attachment theory, systems thinking/feeling and adult vertical development, amongst others.

Liz has worked closely with the NHS for many years in various capacities- coaching leaders and supporting NHS teams, delivering CPD (including the successful Coaches' Recovery Lounge, and mindfulness and compassion modules for a number of trusts and the NHS London Leadership Academy). She was a co-founder and coach in the award-winning pro-bono initiative Coaching through Covid and Beyond (www.coachingthroughcovid.org), which delivered free coaching to more than 650 NHS workers between March 2020-December 2022.

Other clients include/ have included Climate 2025, Corus (now part of Tata); Portsmouth University; Kent County Council, Green Alliance; Sustrans; News UK; Open University, and Imperial College London.

An award-winning HR, health & business journalist, Liz started her career in journalism 33 years ago, writing and editing for publications including *Doctor*; *Hospital Doctor*, and *Practice Nurse*; *The Financial Times*; *The Guardian*; *People Management*; *Personnel Today*; *Employers' Law*, and *Occupational Health*.

She has been the editor of *Coaching at Work* magazine since 2005, and the author of publications including *Mindful Coaching* (Kogan Page), *Coach your team* (Penguin Business), and author/editor of *Coaching in times of crisis and transformation* (Kogan Page). She is currently working on a book for Routledge with Dr Emma Donaldson-Feilder on relational mindfulness, and another on compassion in coaching with Professor Stephen Palmer.

Liz has contributed chapters in books including 'Mindful Compassionate Coaching: an approach perfect for VUCA times' in *Mindfulness in Organisations: Foundations, Research and Applications* (Cambridge University Press), 'Mindfulness in Coaching' in *Mastery in Coaching: A Complete Psychological Toolkit for Advanced Coaching* (Association for Coaching/Kogan Page, 2014 (Association for Coaching/Kogan Page), 'Mindfulness for young people' in *Developing Mental Toughness in Young People* (Karnac), 'Compassion focused coaching', with Palmer & Irons, in *The Handbook of Coaching Psychology*- Eds Palmer & Whybrow (Routledge).

Liz is committed to making a positive difference, including in the area of the climate emergency- she launched the annual Climate Coaching Action Day through *Coaching at Work*, which celebrates and promotes climate coaching, amongst other initiatives. She's a member of the Climate Coaching Alliance, and is part of a new pilot programme, Coaching in the Movement, delivering CPD and coaching to climate leaders. She's trained to facilitate The Work that Reconnects, from the work of ecologist and scholar of general systems theory Joanna Macy. Liz has coached many other clients around their own responses to the climate emergency, including NHS doctors.

Attending to diversity, inclusion, equity and belonging is another important thread in Liz's work, and in 2021, she launched the professional coaching & coach supervision Roundtable towards Race Equity in the Coaching Profession which is working towards a Charter for Race Equity in Coaching.

Liz trained as a mindfulness teacher with Bangor University and Solterreno, is a long-standing meditator who attends mindfulness retreats regularly including with the late Thich Nhat Hanh in Plum Village, France, and has trained in compassion cultivation with the Compassion Institute. She delivers mindfulness programmes for leaders and other professionals within organisations, and a Mindfulness-Based Stress Reduction programme for the general public.

She is certified to debrief the Fearless Organisation Scan (developed with Amy Edmondson from the Fearless Organisation) which measures psychological safety in teams and is a catalyst for courageous conversations. Clients have included an NHS core team, and a team in a not-for-profit.

Liz has supported clients including in healthcare and the climate justice space to embrace systems leadership, drawing on systems leadership theory, Otto Sharrow's Theory U, and the work of Donella Meadows, Peter Senge and others. She's trained in somatics/embodiment including with Dr Eunice Aquilina in Social Presencing Theatre with Theory U.

Liz divides her time between the UK and Spain. An empty nester now her three children have all flown, she now shares her home with her husband and a bunch of unruly rescue animals. She loves spending time with friends, in nature, dancing, reading, painting, and is passionate about lifelong learning and development.

www.lizhallcoaching.com

<https://www.linkedin.com/in/liz-hall-8b37826/>