Action Research Network of the Americas

My value house - Lynn Spurrell

The Hub

I have worked with Council services for years to enable beneficial trading with schools. I am also passionate about saving precious Council services and am working hard with them to influence active engagement in trading with learning settings.



http://thehub.bathnes.gov.uk/Home

Bath Rugby



sometimes at home:



and sometimes away:



Venice 2013



Supporting Bath Rugby is a great way to be part of a community, to eniov sport and see the world!



Green Manalishi

This song has impacted me deeply by giving words to describe my depressive episodes!

Member of Conversation Cafe Research Support Group

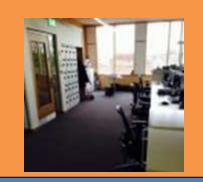
http://www.actionresearch.net/writings/aran/ aranposters/1conversationcafe2704.pdf

Office Moves

From this (November 2014):



To this:



This is me













People and Change

Sometimes people are annoying and extremely challenging, but without them the fabric of my life would be very dull. People are often drawn to me, they stop to chat, they confide and they ask questions that they couldn't/wouldn't ask their line managers.



I organise an annual office collection for Bath Food Bank, this photo shows the Dec 2014 gift, plus £120 in cash.

Food bank



Coaching
My Continuing
Professional
Development



is currently focussed on the Institute of Leadership and Management Level 5 Coaching Qualification. This is a self-study qualification which I will achieve by May 2017.

Conversation café

I have attended CC for many years
I am not an academic but time spent

at CC inspires and motivates me to aim high and achieve.

