

Lynn Spurrell

I have some life experience, love of people, love of interesting people and conversations, particularly at Conversation Café meetings, which I enjoy for the inspiration and time to cogitate that the meetings give me...

The reason I do what I do ... is people – I want and endeavour to help and support them, listen to them, encourage them, to be part of an increase their value and worth, but the big question is ... what do I actually do that shows that I live what I profess and value?

I currently work in the Children's Services department for Bath and North East Somerset Council and have a professional background in librarianship, and the search for information.



Coaching

By learning to coach people I help them to find a way forward, help them to understand and learn from what has happened in order to find a new way through. This is because of a belief that a conviction self-learned is more likely to make positive change than one that is told. When I succeed in gaining this ILM level 5 in Coaching and Mentoring it will be my first 'professional' qualification since my librarianship diploma

Self-care is crucial



the **NHS** gift of an insulin pump to me in November 2015 has changed my life. Diabetes has been a part of me since 1980, but the skill of those who help and guide me is immense. I have a duty of self-care in respect of my

family and for the investment made in my health, for which I am very thankful! My life with diabetes gives me insight into what it means to live with a chronic illness, and increases my understanding of others in a similar situation!



The Hub is the trading arm of council services and schools. And the most important and enjoyable part of this is ...

Communication!

(aka contact ... with people!)

Action Research – the concept has been in my life for many years now and while I do not have academic terminology to apply to my own practice I have no doubts that I engage in AR in working to improve my practice every day.

My values

- Integrity
- Intuition/gut instinct
- The value and importance of play
- Respect for others
- Fairness
- Don't hold on to anger
- Forgive people
- Listen to what is said and what is not said by individuals, always in the context of that person and where they are at that time.

[For previous poster click here](#)

FOR CONVERSATION CAFE LINK, CLICK BELOW