



## TurnStones Newsletter no 3

Our newsletters are occasional updates on **TurnStones**; an exploration of how conversations which interact with each other can lead each of us to new perspectives.

We are Jeremy Hinks and Marcos Frangos.  
Read on. Enjoy. Join us!

### What's it like participating in a TurnStones conversation?

It's only fitting that a conversation-based group activity such as TurnStones should be the subject to conversations itself. As co-creators of TurnStones we (Jeremy and Marco) seek to balance confidence in the experience we offer while being open to new learning about what causes it to work for our players.

One lovely observation made about **TurnStones** came from a friend and colleague who was comparing it to many other development opportunities we experience at work or play. **TurnStones** felt natural, organic, with a dialled down structure supporting people to bring their true selves to the experience. There are no hard edges of expectation, and we walk a path with our players without 'putting a saddle and bridle on them to show them the way'. **TurnStones** is the space that all learning spaces should be: a space where you are welcomed exactly as you are.

Such a lovely way of describing the reality of **TurnStones** and one we adapt to give new meaning to term 'nature connectedness'. The players in **TurnStones**, as they navigate the series of conversations at the heart of the experience, connect through their unique natures through the attention they give to each other. The combination of the conversations, and this 'connection of natures' help each player to see new perspectives in relation to what they have on their mind. We think of it as them turning over stones, just like those delightful wading birds **TurnStones** is named after.

**Join us for the upcoming March 18<sup>th</sup> TurnStones Open at session 1900-2030 UTC**

Book a space here: [www.alpamayocoaching.com/event-list](http://www.alpamayocoaching.com/event-list)

**For more information about TurnStones follow any of the breadcrumb trails below**

**Website:** [www.alpamayocoaching.com/turnstones](http://www.alpamayocoaching.com/turnstones)

**Video:** [https://youtu.be/L\\_\\_qxd6vyUc](https://youtu.be/L__qxd6vyUc)

**In person conversation:** Marcos 07881 425804 or Jeremy 07780 960777

### A conversational gift

Think of this as a self-guided **TurnStones**. Take a minute or two to connect with something in your life which is holding your attention: a challenge, stuckness, a delight, a communication or relationship challenge for example. Hold an awareness of your issue as you listen to us (M and J) in conversation.

<https://youtu.be/LbTjxsFRH3Q>

Give space for your issue and our conversation, let the two interact with each other, turning stones in your thinking and feeling as they do. What perspectives come to the fore?