



TurnStones Newsletter no 6

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!

TurnStones 2026: Some more of the same, and something different too

Here is some news on TurnStones 2026 for you. We are delighted to be offering sessions for individuals to sign up to just as we have over the last two years. Over the year there will be 10 in total, starting in February, distributed monthly, with a break in August.

We are going to stick with what has become a tradition of having a ‘TurnStones Tuesday’ for most of the dates, with exceptions in February (Wed) and April (Fri).

While most of our sessions will start at 1900 (UK time), we want to support greater accessibility by having some of our sessions starting in the morning at 0830 UK time.

The dates and times are on the right of this page. By the middle of January 2026 these will be posted as events on our Turnstones booking page at <https://www.alpamayocoaching.com/event-list>.

In 2026 we are thinking and acting differently in how we ensure the sustainability of TurnStones. We are pleased to introduce a donation model to replace the session fee and discounting approach we have adopted in the past. It seems fitting given the unique and context dependent value that players get from TurnStones, that there is also a unique and context dependent way to contribute to the business longevity of both our independent practices, Alpamayo Coaching Ltd and Kolimbri.

See you in 2026!

Wednesday **February 18th** 1900 to 2030 (GMT)

Tuesday **March 19th** 1900 to 2030 (GMT)

Friday **April 24th** 0830-1000 (BST)

Tuesday **May 19th** 1900 to 2030 (BST)

Tuesday **June 16th** 1900 to 2030 (BST)

Tuesday **July 21st** 0830-1000 (BST)

Tuesday **September 15th** 1900 to 2030 (BST)

Tuesday **October 20th** 1900 to 2030 (BST)

Tuesday **November 17th** 0830-1000 (GMT)

Tuesday **December 15th** 1900 to 2030 (GMT)

Looking back on TurnStones in 2025

It's been fabulous to share our TurnStones experience over 10 sessions with 40 different people, many of whom came along on several occasions. TurnStones was appreciated in the group setting too, by members of the Hampshire Association of Counselling and Psychotherapy, as well as ‘going international’ at the Human Systems Dynamics Gathering in Guelph, Canada.

As we (Marco and Jeremy) look back on this year with TurnStones, what stays with us is the growing and quiet magic that seems to arise through the layering of conversations. Something happens when one dialogue is gently filtered through another and it's our belief that one of the catalysts is the exquisite listening in the wider group, and especially in the paired breakout conversations.

By the way thank you for all of the many stories you have shared about your experience with us throughout the year. It's been wonderful to hear TurnStones described in your own language. We will share some of them in future newsletters, just as we have in the past.

While Jeremy and I understand the gifts of conversation and attention-giving, we did not foresee the nature and sophistication of the gentle insights or deeper questions evoked in our TurnStones players as a result of their participation. Even an apparently arbitrary choice of one of our recorded *Wares* conversation that we weave into the process, when held alongside what's already been spoken and felt, opens a deeper space of noticing and meaning-making.

TurnStones is not something that could be reached by simply thinking harder or longer about life, but something that emerges when intuition and reason, our storytelling and silence, are allowed to meet. In a world increasingly shaped by transaction and certainty, we both sense that our offering in this is the co-creation, with our TurnStones players, of a space for synthesis, for not knowing, for resonance, and for the kind of holistic, context sensitive, right-brain sensing that allows something alive and essential to unfold in its own time.

At last, a metaphor free description of the TurnStones experience!

Anyone with an experience of TurnStones knows it is something in which metaphor plays a big part. Our description of what TurnStones is tends to be rich with metaphor, as is the response from our participants as they describe their experience. Rich, unique, metaphorical. Breaking with this tradition we thought it both useful, and a challenge just to describe TurnStones exactly as it is, metaphor free (well, almost!). So here goes, a description of the TurnStones seven step process!

Step 1: Jeremy and Marco (J and M) share times and details on the [TurnStones website](#) and ask participants to sign up to a session

Step 2: In advance of the TurnStones session J and M invite you to notice something which is catching your attention, which you might like to reflect on some more.

Step 3: On arrival at TurnStones J and M guide introductions using a story telling approach which encourages a creative act from each participant, witnessed by the others.

Step 4: J and M curate a space for pairs of participants to talk about what is holding their attention at a level which is comfortable for them, without any expectation of reporting back on their discussion.

Step 5: After a short pause participants are invited to listen to a TurnStones Wares recording in which J and M have a conversation on a topic in which they explore whatever comes into their minds.

Step 6: The pairs created in Step 4 come together again to consider how their thinking and feeling about the issue holding their attention and how this has been influenced by the TurnStones Wares conversation in Step 5.

Step 7: The group as a whole reflect on their experience of the several conversations involved in the TurnStones process and what has emerged for them.

Wow, that was hard. We have metaphors wanting to burst onto the page. We'll return to them another time, by sharing some of our TurnStones player's observation on their experience.

For more information about TurnStones try any or all of the below

Website for more information:

www.alpamayocoaching.com/turnstones

Video: https://youtu.be/L__qxd6vyUc

(about the TurnStones process)

In person conversation: Marcos 07881

425804 or Jeremy 07780 960777

TurnStones events list



TurnStones donations

