



TurnStones Newsletter no 4

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!

*"Thank you both so much for such an interesting and thought-provoking **Turnstones** session last week. I found it has stayed with me since and reminded me of the value of turning stones and exploring the wild edges. I am also reminded of my permaculture design training and nutrient-rich edges – the interfaces of ecosystems that are much more productive and rich in life – there are a greater number of mutually beneficial relationships between the elements at the edges. The more ecosystem edges that meet, the better. Thank you for bringing some nutrient rich edges together."*

Welcome to the latest of our newsletters in which we share the latest developments with **TurnStones**. If it were a natural system the language used to describe **TurnStones** change would be 'evolution', while from a business perspective we might call it 'pivoting', and from a complex system viewpoint we might call it 'adaptive action'. Perhaps a truth here is 'pivoting' and 'adaptive action' are the micro stepping stones on the infinite path of evolution, each one being essential yet whose details are lost in the timeless story of evolution. Always a humbling notion, alongside the exciting question of 'how will **TurnStones** evolve and what might emerge from it?' Thanks to Christine whose comments on her own **TurnStones** experience prompted much thought for us, particularly around what shifts when you think of a conversation as an ecosystem. One for you to ponder?!

Individual TurnStones

We continue to welcome individuals to sign up for sessions as they become available. Our adaptive actions since the last newsletter including changing the way we try to ensure accessibility to **TurnStones**. We now offer a number of free places to each and every session. **TurnStones Newbies**, those attending for the very first time will be offered a free place. The same goes for **TurnStones Frequent Flyers** who will get one free space for every four paid ones! Marco and Jeremy may also offer a free place to create an opportunity for continued engagement which might not otherwise be possible. So now we have a single format for all individuals who are drawn to the TurnStone experience. Simple!

From time to time, we are going to try running sessions at different times of day, once again to try and make the experience more accessible, to fit around or within work, and to be more accessible to different time zones.

TurnStones for organisation and groups

TurnStones is also available to organisations and groups. In April and May of 2025 we have two exciting sessions with two different organisations which we can tell you all about in the next newsletter. In principle we can take the core of **TurnStones** and adapt it to meet the needs of a particular group. We will be delighted to have a conversation about this with you so please do get in touch.

We are offering **TurnStones** sessions to the global membership of the **Human System Dynamics community** too. See the details below *.

TurnStones logistics for individuals for 2025

To enquire about a free space contact Marco or Jeremy who will provide you with a code. To book a space (free or fee paying) go to Book a space here: www.alpamayocoaching.com/event-list

Open to all

Tuesday May 20th 1900 to 2030 (BST)

Wednesday 25th June 1200 to 1330 (BST)

Tuesday 15th July 1900 to 2030 (BST)

Tuesday 18th November 1900 to 2030 (GMT)

* For members of the HSD community

Tuesday 17th June 1900 to 2030 (BST)

Tuesday 16th September 0900 to 1030 (BST)

Tuesday 28th October 1900 to 2030 (GMT)

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

Website: www.alpamayocoaching.com/turnstones

Video: https://youtu.be/L__qxd6vyUc (about the TurnStones process)

In person conversation: Marcos 07881 425804 or Jeremy 07780 960777

A self-guided TurnStones

Think of this as a gift! 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 having a TurnStone conversation.

<https://youtu.be/YrNAdikqK28>

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? What might you do with them?