



TurnStones Newsletter no 2

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 to expect from TurnStones in 2025

In 2024 Marco and Jeremy unleashed **TurnStones 1.0** onto an unsuspecting public! To use business terminology, it was our 'minimum viable product (MVP)'. While we were confident of its value, we needed to test our MVP to see if others agreed with us. The answer has been a most emphatic 'yes, we do' from all of those who have participated.

"I found it really powerful how you can overlay one conversation with another and find connections and insights. I woke up at 2.30am with loads of ideas around edges, margins, and nature and had to get my notepad out - something definitely shifted for me!"

TurnStones is our unique and impactful group experience built around a series of conversations which interact with each other. Participation is serious and playful at the same time, which is the reason why we refer to 'players' rather than 'participants'.

A quick reminder: **TurnStones** involves each player joining the session with something of interest to them. They engage in a series of conversations which each interact in a manner different to each player. A combination of these interacting conversations, the attention of the other players, and listening to how other players' thinking and feeling has the capacity to shift thinking and feeling. The experience of 'turning stones' leads to new perspectives experienced in head, heart and body.

"TurnStones is a such a strong concept, beautifully simple in a clever way"

*"Wowzer!"
"TurnStones is a little gem"*

"During TurnStones my perspective shifted more than I thought possible during the session and I feel lighter & more focussed as a result"

Are you ready for TurnStones 2.0? We are!

We have always thought of TurnStones as something which will evolve over time as well as in response to the needs of our players, so we are excited to share with you our intentions for 2025. We anticipate offering three different TurnStones 'packages' aimed at individuals. Their intention is to increase accessibility to, and sustainability of, the programme. We have opportunities for established groups too (e.g. within organisations, or common interest groups), which we will share about another time.

Check out the following page for how to get yourself a place on TurnStones. You can also find more information on our webpages at www.alpamayocoaching.com/turnstones.

TurnStones Open

These are 90-minute virtual sessions with between 4 and 10 players. There will be four dates throughout 2025, and players will be able to book onto any number, subject to availability. There is a single price point of £75 per session. The 'open' refers to the fact that the group of players may well be different on each session. There is a fluidity about the 'open' format which players experience as a sense of freedom to explore.

2025 dates March 18th, May 20th, July 15th, and 21st October. All Tuesdays at 1900 to 2030 (UK)

Your next action! Book your sessions at www.alpamayocoaching.com/event-list. You will need to book each session separately. Get back to us if you find there is no space. We will operate a wait list and put on additional sessions when we are able.

TurnStones Closed Group

These are 90 minute virtual sessions with between 4 and 8 players. Again there will be four dates throughout 2025, and players will sign up for the entire sequence with a cost mapping to £75 per session. Having the same group attending each session will allow for some evolution of how we co-create the TurnStones conversations over the four sessions.

2025 dates June 17th, September 16th, October 28th, and December 9th. All Tuesdays at 1900 to 2030 (UK)

Your next action! Book your sessions at www.alpamayocoaching.com/event-list. If you manage or convene a group of people and would like a bespoke TurnStones programme for them we will be delighted to talk to you about it. Please contact either Marco (marcos@kolimbri.com, 07881 425804) or Jeremy (jeremy@alpamayocoaching.com, 07780 960777) using the details below.

TurnStones Free

We will continue to offer free TurnStones sessions (at least two in 2025) for people who are interested and who want to 'try before you buy'. We will reserve some free places for previous players to ensure TurnStones is both accessible and sustainable.

2025 dates February 18th and November 18th. Both Tuesdays at 1900 to 2030 (UK). More sessions may well be scheduled throughout the year. Keep an eye out!

Your next action! Book your sessions at www.alpamayocoaching.com/event-list. You will need to book each session separately despite there being no charge. Get back to us if you find there is no space. We will operate a wait list and put on additional sessions when we are able.

TurnStones, such a beautiful process. Intriguing, full of anticipation, so enjoyable. I love how you position your own musings alongside time and space for us as participants to reflect and share with others. Highly engaging, I found the experience helpfully catalytic, bringing new insights and a welcome sense of connection with self and others. I look forward to joining another session soon.