



Keeping in Touch

Almost a year ago we completed the leadership programme at Sofa Workshop, part of the MFI group. We made many friends there. Even though they have moved on to pastures new we still keep in touch. We were so moved by an 'out of the blue' email from Jos that we asked her if she would allow us to publish it on our website. She was delighted and so here it is...

30/11/2006

"Mike

I was talking about the Leadership Development Course today and was overcome with nostalgia so felt I had to get in touch.

.... and the team I work with are planning a team development day. In my enthusiasm I started raving about all the wondrous things you taught us during our course, and have managed to rope myself into actually delivering some of the day, which was both an unexpected and unwanted outcome. However, I thought I'd get in touch (it being almost a year down the line since the course finished) to say once again how truly career-changing that course was. We all went through an enormous shift under MFI, and through the course itself, but with your guiding hand it wasn't the dislocating experience it might have been, rather an empowering one.

I don't want to overdo the superlatives but I have had so many occasions to use the learning in both my work and private lives since the course finished, that it really would bore you to hear it! My husband has recently started a new job and... I have had great fun flexing my coaching muscles in that quarter, and passing on some of your wisdom as well as large chunks of course material for him to share with his staff. In addition, in my own work it has proven invaluable time and again, ...I hope you don't mind me passing on some of the things we learned (I always credit you!) but in breaking down barriers, creating self-awareness and opening oneself up to



change I have yet to come across that course's equal.

What I'm saying is that I'm proving to myself as time goes on that the lessons have stuck, and the fact that the course (and you!) always crop up in conversation whenever any Sofa-ites are catching up is testament to what you've achieved. I don't know that there can be a better testimonial than that, I only wish we could all have had longer together as a team in the same company to apply it in practice, but almost a year down the line we feel the learning curve you started continues apace. I suppose all that is left to say is 'thank you', and hope that your work continues to bring others such long-term benefits.

Jos"