

Julia Macintosh

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Profile

**a warm and resourceful life coach and facilitator
using bibliotherapy and journal therapy
to support you in troubled times**

Strengths

- Communication** Compassionate listener, articulate speaker and excellent writer.
- Organisation** Delves into chaos to find shape and bring order. Handles complexity with confidence and level-headedness.
- Networking and Collaboration** A natural flair for fostering introductions and building fruitful connections. Seeks rich outcomes from interactions and projects.

Values

- Authenticity** - respecting voice and integrity **Imagination** - drawing on exploration and insight
- Warmth** - grounded in generosity and kindness **Perseverance** - embracing courage and risk

Workshops designed and delivered

- Journal Midwife** workshops for women in Edinburgh and Glasgow, 2018 - present
- Unpsychology Magazine: Climate Minds Conversation** for Deep Adaptation at Newbridge Project Newcastle, May 2018
- Personal Wealth Just Ask Playing Pandora Unlearning to Not Speak** a series of informal workshops delivered between April and July 2017
- Visioning for the Future** Edinburgh's Got Soul Choir strategy day, November 2016
- 7 Ways to Think Differently** for Personal Wealth client, October 2015
- Exploring Boundaries** for Personal Wealth client, January 2015
- Voice and Relationship** Soulmakers Gathering, May 2014
- Conversations that Matter** Edinburgh Radical Independent Bookfest, October 2014

Testimonials

Participants in my workshops have especially enjoyed:

- “Julia's hospitality... It was comfortable and welcoming.”
- “The genuine sharing of personal experience; the warm, engaging and open attitude”
- “Interesting topic with good ideas and discussion.”

Qualifications

- Diploma in Transformational Coaching** Animas Coaching, 2020
Diploma in Journal Therapy Centre for Excellence, 2020
M.Sc. Information Analysis Robert Gordon University, 2003
M.Ed. Multiculturalism in Children's Literature Xavier University, Cincinnati, 1997
B.A. English Literature (with honours) University of Iowa, Iowa City, 1991
Member of Lapidus UK (promoting writing for wellness) January 2018 - present
Member of International Association of Journal Writers January 2018 - present

Training received

Facilitation Training	Talk Action	February 2018
Inquiry-led Learning for Women	YWCA Scotland	February 2016
Wellness Recovery Action Planning (WRAP)	NHS Lothian	April-May 2015
Inner Action	Rising Women Rising World	January 2015
Whole-Hearted Approach to Change	Common Cause	November 2014
Coaching Skills and Models	Advance Coaching	October 2014
Imagining the Future: Systems Leadership	IRISS	June 2014
Art of Hosting Advanced Practice	Art of Hosting Network	March-June 2014
Creative Pathways to Change	Impact Arts	March 2014
Understand, Communicate & Resolve	SCCR	February 2014
Communication Skills	University of Edinburgh	August 2013
Community & Project Development	Friends of the Earth Scotland	April 2008
Media & Communication	Friends of the Earth Scotland	January 2008

Prior roles

2014 – 2016	Director of Information & Communication	Personal Wealth Training and Development
2009 – 2014	Information & Communications Officer	Edinburgh Voluntary Org.s' Council
2006 – 2009	Conference Coordinator	Children in Scotland
2001	Information Officer	Family First
1998 – 2000	Project Editor	Cambridge Training and Development

Volunteering

2017-present	co-editor	Unpsychology Magazine
Spring 2013	website development	Engender
Summer 2011	festival planning and running	Dark Mountain Project
2006-2009	lecture series planning and running	Edinburgh Natural History Society
2003-2009	fundraising, events, campaigning	Abbeyhill P.S. Parent Council
2004-2006	website development, research	One Parent Families Scotland