

Julia Macintosh

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a warm and wise journaling coach

Strengths

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

Qualifications

- Certificate in First Aid for Mental Health** NewbyCore, 2021
- Certificate in Bibliotherapy, Literature and Mental Health** Book Therapy, 2021
- Certificate in Climate Change Coaching** Climate Change Coaches, 2021
- 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
- Member of Climate Coaching Alliance** September 2021 – present

Training received

Transpersonal Coaching Psychology	Alef Trust	Spring 2021
Facilitation Training	Talk Action	February 2018
Inquiry-led Learning for Women	YWCA Scotland	February 2016
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

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

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

- “professional in every sense of the word with integrity and a caring nature”
- “committed to quality and high standards and to her own development”
- “Julia is sensitive and warm and interested in people... a natural active listener.”
- “I love working with Julia and look forward to our monthly coaching sessions. She is helping me build my private therapy practice and is also providing support for managing my eco-grief and anxiety. Julia has this quiet, encouraging presence that makes me want to tell her things. She is an active listener who listens deeply and helps me hear myself better. She helps me see where I am confused or stuck, and what the next steps forward are. I feel she is 100% interested in me and my work, and fully committed to helping me reach my goals. I cannot recommend Julia highly enough. She is clearly a bright and caring woman who puts her clients first and helps bring light to dark places.”