

# Julia Macintosh

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## Profile

**a change agent using coaching and journaling  
as catalysts for inner transformation and personal impact.**

## 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  
**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

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

## Prior roles

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

## Volunteering

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