



# Brave Space Overview

June 2024

## Our recommended approach

Leadership is a conversation.

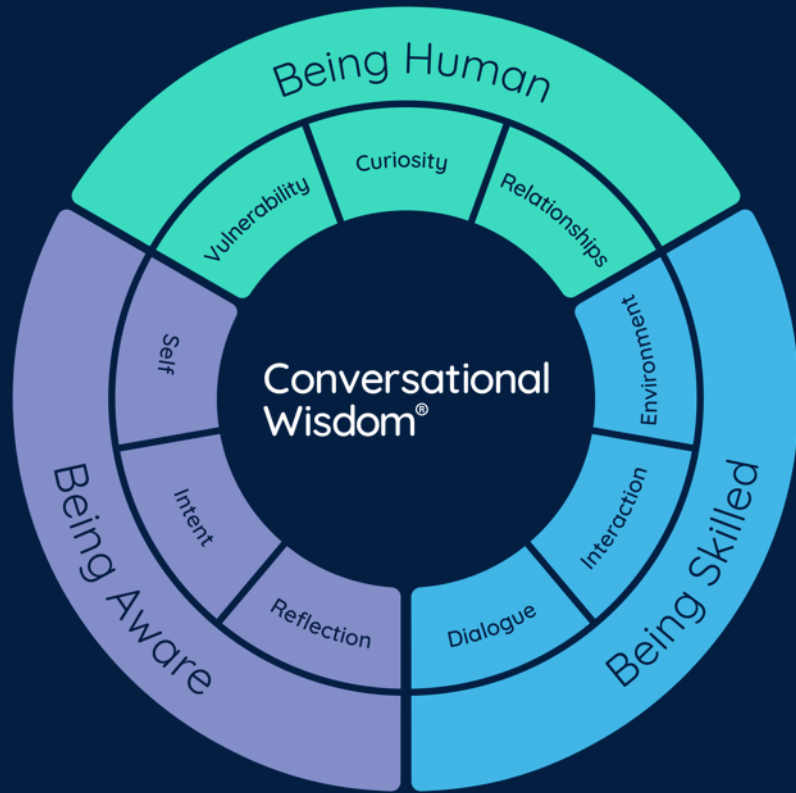
How we talk to one another has the potential to both inspire and build trust, and cause hurt and damage brands. We recognise that creating a shift in a conversational culture, whether within a team or more widely, takes awareness, skill, and time.

We help you to strengthen your relationships and develop your connection through the power of conversation.

We will work together to create a conversational environment for you to:

- get to know each other in a different way as humans at work, and on a deeper level that builds trust
- explore what Brave Space means for each of you and how this shows up in your conversations
- deepen awareness of how you might stay in conversation when you disagree
- develop the capacity for courageous dialogue
- build ownership and empowerment to move forward

During our collaboration and conversations together, we will provide support and challenge, with the intent of delivering the change you want to see.



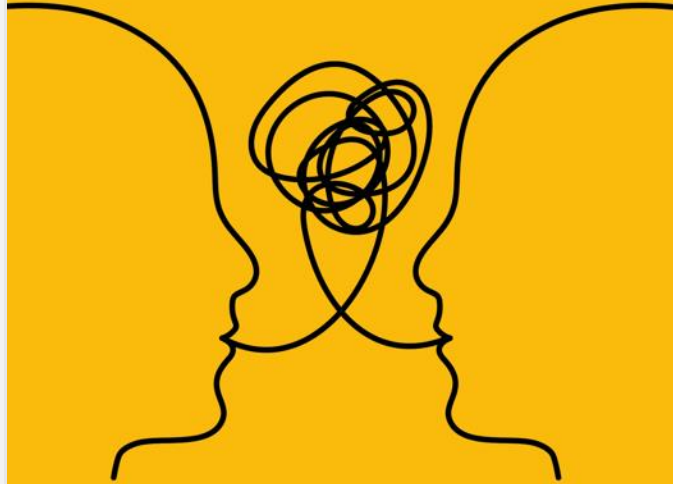
## Brave Space Workshop

The face-to-face workshop will be grounded in our award-winning research, and our unique framework of Conversational Wisdom®.

### Together we will explore:

- Creating Brave Space - building on the idea of safe space
- Staying in conversation when we disagree
- Stepping into Brave Space together
- The imperative for brave leaders
- Growing our practice
- Sharing our freshest thinking and ideas for moving forward

EMILY COSGROVE and SARA HOPE



# CONVERSATIONAL WISDOM

Strengthening Human  
Connection through the  
Power of Conversation



Each participant will receive a copy of our  
book - Conversational Wisdom

*“What Emily and Sara have done with  
Conversational Wisdom is added a  
serious amount of clarity to the  
heavy-lifting that conversations do in  
our everyday life and work.”*

**Perry Timms**

Ranked No 1 Most Influential Thinker in HR 2022  
Author, TEDx Speaker, Guest Professor,  
Visiting Fellow

## Your Conversational Leaders

Emily Cosgrove and Sara Hope are the founders of award-winning consultancy, The Conversation Space, with a mission to strengthen human connection through the power of conversation.

They have spent the last 25 years helping people at all stages of their career, step into more human and courageous conversation. Drawing on their experience of working with organisations from global jewellers to charities, professional services to B Corporations, they provide consultancy and learning experiences that empower leaders and improve conversations.

Their practice is informed by research, coaching, mentoring, psychotherapy, and supervision. Through their own unique approach of Conversational Wisdom® they seek to firstly, create the conversation space, and secondly, invite people to join the space. This is a space for brave conversations, support, challenge, reflection, and change.

Their expertise is widely recognised through their regular contributions in the press including, BBC Radio, SAGE Thought Leadership Podcast, Gartner, Forbes, Psychologies Magazine, Belfast Telegraph, Raconteur, HR Magazine, People Development, Training Journal.

**Conversation Space**



## Testimonials



“Sara and Emily are true experts in helping leaders develop the skills in human connection, building teams who have the trust and resilience to thrive through uncertainty and change.

We wanted to give some of our future leaders the opportunity to develop their Human-Centred Leadership and think about the importance of these skills as the world becomes more digital and automated. Throughout the workshop we saw our participants grow in confidence and there were lots of light-bulb moments as they reflected on how they lead their teams, their own motivations and emotions and how they can build the human connections they need with their team members, leaders and stakeholders.

It’s been a joy working with them, their collaborative style, transformative facilitation and experience working across multiple organisations and industries has added depth and breadth to our leadership programme at Boots.”

**Emily Davies**

Leadership Development Manager / Boots UK



“I wanted to say a massive thank you to you both for your fantastic facilitation, care, and insights on our Exec Leadership Team Away Day. Your ability to quickly create an engaging and creative learning environment helped set the tone for the entire event and everyone said what a great, inspiring, and thought-provoking workshop they had. It couldn’t have gone better from my perspective.

We particularly valued your empathy and skill in facilitating us to be able to move beyond our everyday conversations to a ‘brave conversational space’. The exercises in particular took our understanding of key concepts to a much deeper level, especially in relation to courage and vulnerability – key tenets of great leadership.

Having the opportunity to explore and experience this in the room gave us a great platform from which to move into our strategy work the following day.”

**Angela Buxton**

Executive Director of People / Citizens Advice



Conversation  
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# Thanks

## Contact

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