Conversation Space

Brave Space Overview

September 2024

Brave Space: A New Leadership Approach

Brave Space is designed for leaders and teams who want to enhance their leadership through deeper human connection, trust-building, and courageous conversations.

Whether you are part of an experienced Executive Board, a manager navigating change, or a team looking to strengthen collaboration, this workshop offers practical tools to help you lead with authenticity and confidence.

Through the creation of a “Brave Conversational Space,” we help leaders and teams practice key leadership skills: communication, connection, and collaboration. We emphasise the importance of growing psychological safety, enabling leaders to create environments where team members feel safe to speak openly, take risks, and contribute fully. Participants leave equipped to navigate different work environments, shifting team dynamics, and fast-paced business challenges.

Who is it for?

The workshop is especially suited to:

Leaders facing uncertainty and change: We provide the space and tools for leaders to reflect, build resilience, and adapt to the evolving workplace.

Teams looking to strengthen collaboration: We help teams break through barriers and communicate more openly, fostering trust, psychological safety, and mutual respect.

Executives preparing for strategic shifts: With a focus on courage and vulnerability, this workshop supports leaders in making better decisions and driving meaningful change.

Future leaders: For those on their leadership journey, we offer insights into the human-centered leadership needed to thrive in today's fast-paced world.

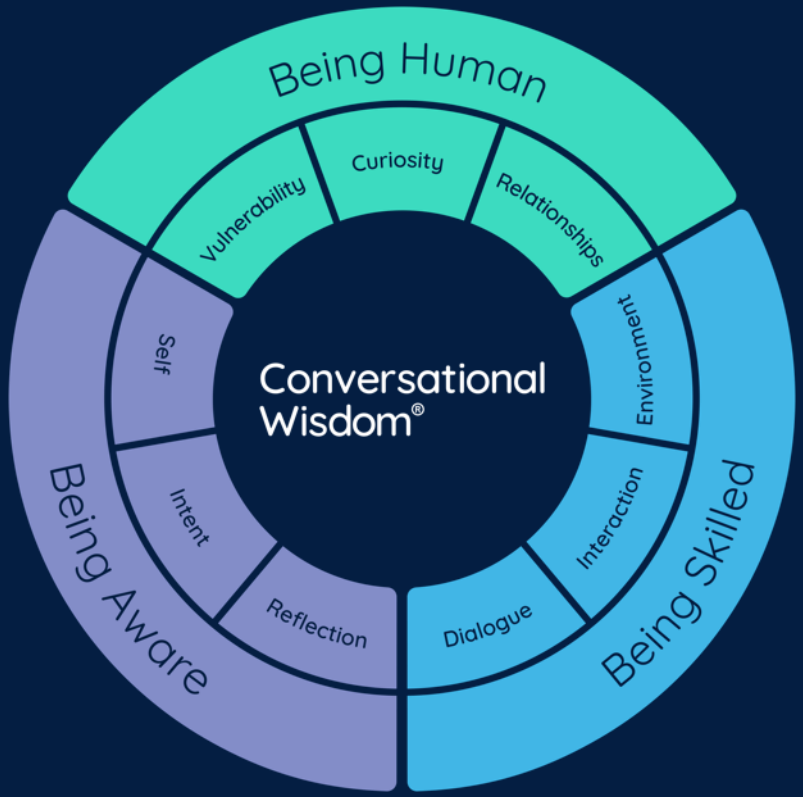
How we help you

Leadership is a conversation.

In today's complex world, leaders need more than just technical skills - they must create environments where trust and authentic conversations can thrive. Brave Space offers a platform for leaders to engage in honest dialogue that strengthens relationships and builds trust.

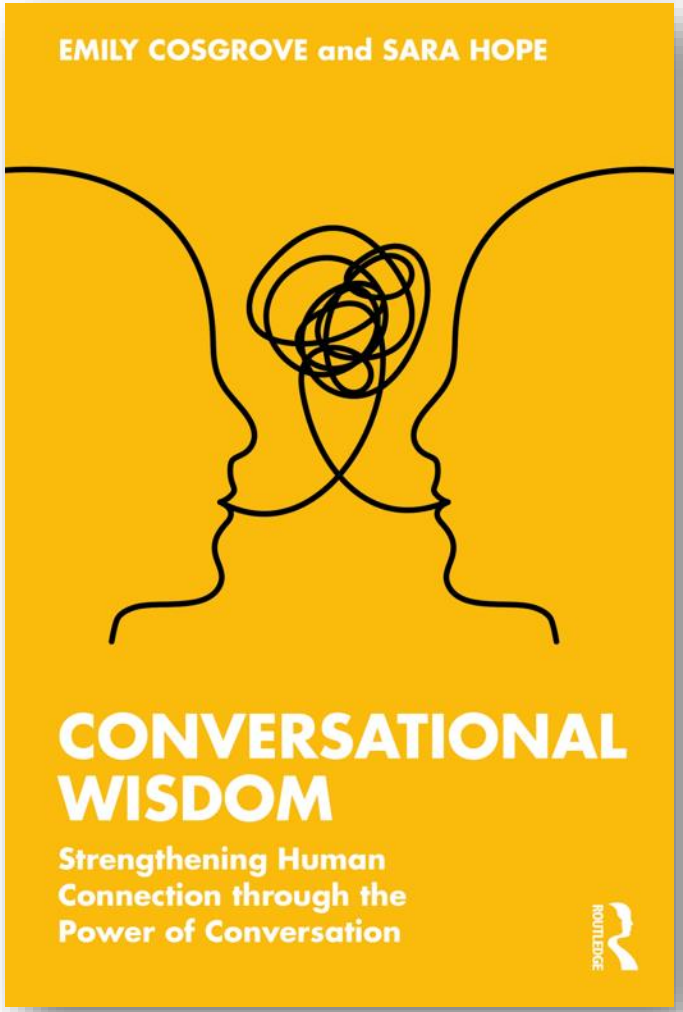
Through our collaborative approach, we help leaders:

- **Strengthen Human Connection:** We use creative activities that enable leaders to get to know each other in new ways as humans at work.
- **Foster Trust and Inclusion:** Leaders become "Conversation Architects," creating spaces where diverse perspectives are welcomed, fostering inclusion and empathy.
- **Engage in Courageous Dialogue:** Leaders learn to stay in conversation, even through disagreement, building deeper connections.
- **Reimagine Meetings:** From ordinary to extraordinary, we help leaders think about conversations and meetings not as tasks, but as living, dynamic exchanges.
- **Deepen their Conversational Skills:** By providing time and space for practice, feedback, and reflection, leaders become more adept at guiding their teams through complex conversations face-to-face, and in remote and hybrid environments.



Nuts and Bolts

- We begin our collaboration with a one-day, face-to-face workshop, grounded in our award-winning research and unique framework of Conversational Wisdom®. The next steps are tailored to your specific context and can include a blend of 1-1 Executive Coaching, Team Development, Meeting Facilitation, or additional Workshops.
- Our facilitation approach integrates leadership experience, executive coaching, psychotherapy, and supervision.
- We use a blend of input, pair/small group conversation, and creative activities.
- We recommend a maximum of 12 participants per workshop to enable high levels of psychological safety, confidentiality and to allow participants to experience and practice their conversations.



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

"This book is an uplifting and insightful read for training professionals, people leaders, coaches, mentors, HR managers... anyone, really! It not only offers valuable insights into the skill of conversation but also provides practical tools to apply the wisdom contained within its pages."

TJ Book Review
Peter Plumlee

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 leadership, 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.

What our clients say

"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 Space

Thanks

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