



Between US

1ST - 3RD JULY 2022

LEADERSHIP RETREAT

BAKEWELL, DERBYSHIRE

Join Between US founders, Jan and Karen, for a two-day leadership retreat where you will have an opportunity to meet other leaders from different industries, relax and participate in various workshops to develop you as a leader.

After the Leadership Retreat, you are invited to participate in two coaching groups later in the year.

Investment: £1,000 per delegate (payment plans are available)

To book, please email: janice@healthyyoultd.co.uk and karen@kslconsulting.org.uk

www.between-us.co.uk

About Between US

Karen Ledger

Karen Ledger is a trainer and executive coach who works with individuals and groups. She helps them to meet their potential, achieve high performance and fulfilment through developing effective relationships. She believes that a satisfying personal and professional life should be available for everyone, regardless of circumstances.



Karen's work is underpinned by a philosophy of empathic understanding, honesty and respect for people to find their skill and expertise. She has had in-depth training and experience which enables her to provide safety and support for people to work at the fringes of their awareness and in places where they are enriched and at times challenged in their emergence to where they want to be. She combines a deeply empathic attitude with a dynamic style. As a coach and facilitator, she creates an environment of acceptance, transparency, tenderness, realism and delight.

Karen has over twenty years of experience in a wide range of coaching, facilitation and team development interventions. She designs and facilitates training programmes to meet the needs of her clients. Her clients span the independent and public sectors and include cross-boundary working with politicians. She has worked with a range of individuals and teams, including finance departments, executive boards and senior management teams. Her work focuses on building effective relationships and communication to achieve high performance and fulfilment. Karen is also the co-director of Between US.

Karen is an accredited NHS Executive Coach and has a contract with the NHS Leadership Academy Framework and sits on the Executive Coaching Division of the British Association of Counselling and Psychotherapy. Karen has successful publications on leadership.

Jan Smith

Dr Jan Smith is an HCPC and BPS registered Chartered Psychologist and is the director of Healthy You Ltd, an independent psychology practice. For over 15 years, she has supported clients who have experienced birth-related trauma, and also healthcare staff who are suffering from vicarious trauma, burnout, moral injury or stress. Jan is the Clinical Lead for the national birth trauma campaign, Make Birth Better, and leads the Parliamentary Working Group for Birth Trauma.



Jan is part of the NHS Leadership Academy and provides leadership coaching within the healthcare industry. She is the Head of Wellbeing and Clinical Services at Kura Human Factors. Jan has developed and led a number of national programmes for staff across the UK. She holds a research post at Sheffield Hallam University. Jan is also the co-director of Between US.

Jan has written and published works about the impact of moral injury and vicarious trauma on staff, as well as preventing birth trauma in maternity. She published two books in 2021: 'Nurturing Maternity Staff: How to Tackle Trauma, Stress, and Burnout to Create a Positive Working Culture in the NHS', and 'Help for the Helpers: Managing the Effects of Psychological Trauma in Health & Social Care Staff'.



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