

Olivia's story 2023

My journey with the 2023 MRA DEI Coaching with Confidence programme has been both personally and professionally transformative. From the moment I joined I felt an immediate connection to the programme's mission of fostering Diversity, Equity, and Inclusion (DEI) within the coaching industry.

Engaging with a diverse cohort of individuals in the programme was an enriching experience. I felt genuinely included and valued for my unique perspectives. This feeling of belonging was empowering and affirming, reinforcing the importance of creating spaces within my own coaching practice where all voices are heard and respected. The DEI CWC programme provided a safe space for me to learn, share and listen to others, building a community of mutual respect and understanding.

The training sessions were both enlightening and challenging. They required me to develop deeper patience, cultivate empathy and continuously challenge my own biases and assumptions. Each step forward in my personal growth as coach felt like a small victory, not just for myself but for the broader community who have faced similar challenges with confidence or seeing themselves represented.

One of the most impactful aspects of the programme was witnessing the growth and empowerment of my volunteer clients. Guiding others as they found their voices and asserted their presence was incredibly fulfilling. It was a powerful reminder of the ripple effect that inclusive practices can have. Each success story within the cohort, each moment of empowerment, reinforced my belief in the transformative power of DEI initiatives.

The DEI CWC programme has solidified my belief that true inclusion is an ongoing journey. It requires continuous learning, unlearning, and relearning. This programme has not only empowered me as a confident qualified coach, but has also equipped me with the tools to create inclusive environments where everyone, especially marginalised voices, can thrive.

In conclusion, my journey with the DEI CWC programme has been deeply impactful. It has been a privilege to contribute to a movement that champions the values of diversity, equity, and inclusion.

Thank you MRA for giving me a voice.