

Speaker Biography

Liz Hall, Carole Osterweil and Lindsay Wittenberg

Three of the four co-founders of [Coaching through COVID](#)

Biography

Coaching through COVID is a not-for-profit, independent organisation which offers free, high-quality coaching to NHS, hospice and care sector workers directly impacted by COVID. Liz, Carole and Lindsay are all executive coaches running their own coaching practices alongside Coaching through COVID. With their colleague Mark McMordie, they were moved by a spirit of deep compassion in mid-March 2020 (just before the UK's first lockdown) to set up a programme of free coaching, bespoke to individual needs and schedules, in order to support coachees to find meaning, learning and growth from their experiences, attend to their own wellbeing, re-resource themselves, and deliver sustainable care to those they serve. By May 2021 almost 500 people had received coaching, delivered by over 200 coaches, carefully selected to be able to work with whatever coachees bring to their coaching conversations, including stress, distress and trauma.

LinkedIn: <https://www.linkedin.com/company/coachingthroughcovid>

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NAHH Annual Conference 2021

Restore, Reach, Revive