

# INTRODUCTION TO APPRECIATIVE INQUIRY

**18-20 July 2025 The Park Ecovillage Findhorn U.K.**

Passionate about getting the best out of yourself and others?

Ready to think differently and pose new questions?

The course introduces the key tools of Appreciative Inquiry, its underpinning philosophy, the framework for applying it, and the value of working from strengths & assets. Drawing on new learning/research in Positive Psychology, and Heart Intelligence, it strengthens wellbeing & relationships.

This approach is widely used in team building, organisational development, coaching, and community development. Our time together will be experiential, interactive and fun-reflective and deeply practical. We will learn how to lift people's mood, build connections and creatively imagine a better future.

**"The real voyage of discovery consists not in seeking new landscapes but in having new eyes."** Marcel Proust



This course is part of a **certificated programme**. On completion, participants will be eligible to continue with Module 2 online.

**Facilitator: Suzanne Quinney of Appreciating People.** We have trained over 2000 people in the last 15 years in organisations & communities and have many examples of application. [www.appreciatingpeople.co.uk](http://www.appreciatingpeople.co.uk)