

# **BIOGRAPHY**

## **BRUCE GREENHALGH**

*Member of the Organising Committee Adlerian Summer Schools*

Bruce is currently Global Wellbeing Lead at BT (British Telecom) and the Council Director for the Executive Wellbeing Council at the Conference Board. He has an MA in Counselling & Psychotherapy, is an accredited therapist with the British Association for Counselling and Psychotherapy and a Fellow of the UK Chartered Institute of Personnel and Development.

Bruce was introduced to Adlerian Psychology in 1995 when he became a student on the same Adlerian Counselling course on which he now tutors. Bruce has a diploma in Adlerian Counselling and Supervision.

In and out of work Bruce has a keen interest in Mindfulness which he now teaches and practices in a range of diverse settings such as therapeutically, counsellor training, summer schools, retreats, and for small private groups and charities. He trained to teach Mindfulness on the Masters Programme at Bangor University (Wales) and certified by the Search Inside Yourself Leadership Institute created in Google and based in San Francisco.

### **Adlerian Summer School Role:**

*Facilitators Contact, First Aider & Safeguarding*

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*Also facilitating the Module B; workshop on Mindfulness.*