

BIO: Barbara J. Dickinson

After a long career in the U.S. Federal Reserve, I use Focusing in business coaching, strategic planning, performance effectiveness & more. Focusing brings compassion, creativity, innovation, & intuition to living. I learned Focusing in 2006, and in 2009 earned certification as a Focusing Professional, studying Domain Focusing with Robert Lee. Since 2017 I have worked with Sandy Jahmi Burg on many projects, most recently exploring our mutual passion for bringing Focusing to students and educators. In 2022 I received certification as Teacher of Interactive Focusing from Masumi Maeda, and have worked to make Interactive Focusing widely and freely available.

When I am not working, I love to sing. In 2015, at the International Focusing Conference in Seattle, WA, USA, I sang in the Follies. When I finished and stepped off stage, a voice from the audience shouted, "You cannot leave! You have to sing something else!" That was Bebe Simon, great lover of music, and thus began our epic, if short, friendship. Among other collaborations, we created her online archive, recorded her Conference Workshop in Cambridge, UK (with Nada Lou Productions), created a concert at her church in Oak Park, IL, USA, republished her book, *Discovering the Gift of Your Inner Wisdom - How I Teach Focusing*, and helped create the MidWest Focusers Gathering, inspired by the NorthWest Focusers.