



Volunteer Hospice
OF CLALLAM COUNTY



SOUL CARE SPEAKER SERIES

The Art of Holding Space

with Heather Plett

Wednesday May 8, 2024, noon – 1:30 PM

We've all heard the term "holding space", but what does it really mean? In this workshop, Heather Plett, author of [The Art of Holding Space: A Practice of Love, Liberation and Leadership](#), will explore the concept, especially as it relates to death and dying. She'll talk about what it means to "be the bowl", how an understanding of "liminal space" helps us deepen our practice, and why we're sometimes tempted to "hijack space" instead of holding it. Heather's understanding of this concept was deepened when she accompanied her mom in her dying, so she is delighted to be able to speak with people who serve in this field.



Heather Plett is the co-founder of the [Centre for Holding Space](#). She is an author, international speaker, facilitator, writer, and life-long learner. Her work has been translated into a dozen languages and quoted in such notable publications as Harvard Business Review. She has trained people from six continents. Before launching her work in holding space, Heather worked in leadership and communications in government and non-profit.

Having spent most of her adult life in Winnipeg, Manitoba, Canada, where she raised her three daughters, Heather has recently become nomadic while she decides where to settle next.

FREE – Online – Register [HERE](#)

Information: astrid.r@vhocc.org or 360-452-1511

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