

In *Turning myself forward: The personal story that led to the Transform and Empower approach* Julia Wolfson draws on nearly three decades of experience in people-organisations founded on Rudolf Steiner's spiritual science. This book examines current challenges and opportunities that many communities are working with against the backdrop of 21st century themes: power and freedom; individuation and collectivity, personal and global consciousness. Julia weaves stories and reflections on her life and work with ideas from thinkers that shape her worldview and practice.

The book is companion to the professional development course: *Transform and Empower: A grassroots approach to innovation, care and inclusion in communities.*

Julia Wolfson, social ecologist, is founder of Turning Forward and Associates. She facilitates the development of people, communities and organisations. She lives in Australia and works internationally.

Turning myself forward

The personal story that led to the
Transform and Empower approach

TURNING MYSELF FORWARD — THE PERSONAL STORY THAT LED TO THE TRANSFORM AND EMPOWER APPROACH

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