

Book Synopsis

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

The *Transform and Empower* approach holds human dignity first, starting with those who have been hurt by history. Their hopes and aspirations can mobilise a renewed motivation and focus for creating a shared path towards social inclusion for and with supporters and supported alike.

In the book, Julia considers how shifts in the world, in her changing awareness and in these grassroots communities mirror each other. She looks at how this mutuality can reveal signposts for an emerging future in which personal awareness and identity, institutional ethics and arrangements and global transformation are inseparable aspects of development.

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

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