

Kate Sutherland

Short Bio

Kate Sutherland is the author of [Make Light Work: 10 Tools for Accessing Inner Knowing](#), and a social entrepreneur helping change agents and community organizations be more innovative and effective. As an inspiring leader and in-demand consultant, trainer and coach, Kate has helped hundreds of leaders and organizations be more nimble, resilient, and aligned with core purpose. In 2010, she created [MakeLightWork.org](#) as an online meeting place for people using inner work approaches to increase their effectiveness. Kate is also Regional Director for What's Your Tree in British Columbia, cofounder of the Two Block Diet, and founder of the Daphne Lane Plastics Recycling Depot -- all pioneering grassroots citizen engagement strategies.



Longer Bio

Kate Sutherland is the author of [Make Light Work: 10 Tools for Accessing Inner Knowing](#), and a social entrepreneur helping change agents and community organizations be more innovative and effective. As an inspiring leader and in-demand consultant, trainer and coach, Kate has helped hundreds of leaders and organizations be more nimble, resilient, and aligned with core purpose.

Since the mid-1970s Kate's primary focus has been the economics, policies and politics of community development and social change. Since 1990 she has combined this passion with the study and implementation of conversations for change, dialogue, group-dynamics and group facilitation.

She organizes, coordinates and facilitates catalytic projects and events in the community sector.

Kate's current focus is Make Light Work -- a book, workshop, blog and coaching program to introduce inner work (approaches based in intuition, perception, intention and consciousness).

Past challenges have included multi-stakeholder conferences, region-wide and cross-sectoral strategic planning processes, citizen engagement initiatives, board and staff retreats, and organizational healing.

Highlights include: design and coordination of a conference called *Our Stories: Demonstrating Change through Storytelling* for Vancouver Coastal Health's SMART Fund; team development and strategic planning for Renewing Our Response (Aboriginal AIDS Serving Organizations); design and coordination of the first *Leading Change* event for the United Community Services Co-op, and editing of the Co-op's *Big Think* op-ed series; a report for the Federal Government's Co-operative Development Initiative, and renewal of the Community Arts Council of Vancouver through consultancy management services and coordination of its highly successful symposium -- *Addiction in Vancouver: Community, Cultural Identity and Loss*.

Previously, while working with Harvey McKinnon and Associates, Kate coordinated direct mail programs for the David Suzuki Foundation and the Princess Margaret Hospital Foundation.

In her hometown of Toronto, Kate cut her teeth at Energy Probe, coordinating the urban transportation program, organizing conferences, and editing a successful, nationally syndicated opinion-editorial series.

Kate completed the first year of a master's degree in Political Economy at the University of Toronto, gained a first class B. Sc. in Economics at the University of Sussex (England) and attended the Lester B. Pearson College of the Pacific as an Ontario scholar. Kate has trained in the Community Apprenticeship

Program at the Findhorn Foundation (Scotland), in mediation and negotiations at the Justice Institute of BC, and in Process Oriented Psychology (Oregon and Vancouver).

Kate is married and has one daughter. She volunteers as a Regional Director for What's Your Tree, founder of the Daphne Lane Plastics Recycling Depot, and cofounder of the Two Block Diet. She loves hiking, cycling and swimming, and created the acclaimed solo show *Hoops and Loops* for the 2001 Vancouver Fringe Festival.