

Eric Rey

Capacity Building Training Partner

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I learned early on in my life and career that I am deeply moved and drawn to the immense transformational healing power of human connection.

I have always been and continue to be fascinated by the various ways in which our growth as humans is intertwined with one another. I am grateful to work in a field that allows me to witness this growth in myself and others. This is what brings me to this work.

What fuels your work as a facilitator?

As a facilitator I know that the dynamics present in the room are a reflection of the world we all live in outside that room. I believe the best work happens when people feel seen and connected and held with honesty and without judgement there is an environment created where they are free to explore difficult ideas from a place of fullness and presence rather than deficit. My style is improvisational, using what is present in the moment to synthesize information that may help make sense of experience. This sense making often happens in a way that may not be readily accessible to my clients. In groups I am often reserved as I observe and feel quite comfortable reflecting what I am seeing and feeling at the interpersonal and group level. I am also at ease leading discussions or activities.

Work and Training History

The early part of my career in workforce development gave me a powerful vantage point helping people prepare to contribute their gifts and talents to an organization. I transitioned from workforce development to coaching, facilitation and leadership development after participating in programs like the Leadership Development Roundtable, Community Leadership Program, Interpersonal Dynamics, Group Relations training, Story Week, and numerous other workshops and seminars. I also trained at the Coaches Training Institute and received my designation as a Certified Professional Co-Active Coach (CPCC).

How have you seen your work impact communities, individuals or organizations?

One of the great pleasures of my work is the opportunity to hold space for an affinity healing group of people who identify as men and as black. I have seen how this space has created a community of support that is generative beyond our weekly meetings. I have heard from members about important conversations they had been avoiding. Conversations that they had as a consequence of having a space to be vulnerable and talk through ideas. To practice on us before talking to friends or family. I have seen how healing practices like journaling and meditation have become a regular part of a daily routine for many of the people in the group. I have watched as the group has taken increasing ownership of the space to make it what they want it to be to support each other.

Who is a role model you look to in your work?

My first and most important role model is my mother. She provided me with a deep appreciation for the beauty of difference. She fostered my empathic and intuitive understanding of the world in a way that helped me connect with my own unfolding perspective. She taught me that everyone deserves compassion even when we do not see eye to eye. Over the years I have learned much from the writings of amazing and insightful thinkers like Bell Hooks, James Baldwin, Malcolm X, Audre Lourde, Brene Brown, Ta Nehisi Coates, Martin Seligman and many others.



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