



NEWSLETTER

News & Info

Da Vinci's Inventions come to Lyon

Are you looking for a culturally diverse and fun way to spend an afternoon, something that's both historic and futuristic? Then head on over to *La Sucrière* in Lyon-Confluence. Until mid-January 2019, you can see "the largest exhibition ever devoted to the inventions of the Italian genius", Leonardo Da Vinci. For more information about the expo, click [here](#).

Nordic Walk in Lyon

Perhaps you're looking for something a little more active. In that case, why not give Nordic walking a try. On the **13th and 14th of October**, you can participate in the second edition of NordicWalkin'Lyon, and discover some of the most beautiful sites in Lyon along the way.

Starting from *Parc de Gerland*, you can Nordicwalk any of the four proposed courses — 7, 12, 16, or 20 kilometres. Each course is a loop and will be well marked, secure, and will offer festive refreshment points. To learn more about the event and register for the walk, you can visit the site [here](#).

Kirsty Goes "Back to School"

Last month, Kirsty Voisin of VO began a year-long course at Université Jean Moulin to become a professional coach. It's a demanding programme that focuses on the theories and concepts of social and human sciences, as well the methods and techniques of coaching. We recently sat down with Kirsty to find out more about the programme.

Why did you decide to become a coach?

"Because more and more I find myself coaching rather than training in English. I've had a lot of feedback from clients telling me that I would make an excellent coach. But even more, I think my own experience starting up and running a business has given me real insight into the stakes managers and directors face in their day-to-day professional lives.

After 18 years of being a trainer and working in all sectors and professions, I've seen quite a lot. But most of all, I love seeing people reach their potential and fulfil their ambitions. For VO, it means we'll be adding a new angle to the different services we can provide our clients. And hopefully my new skills will also be helpful to our team.

What's interesting — or difficult — about it?

"To begin with, it's all in French! Also, after working as a trainer for so many years, I'm having to make the mental switch to that of coach. What I really find interesting so far is what we're learning about the human mind. Understanding that we are all guided by a set of beliefs that define how we react and behave is key to adapting to our environment.

Any final comments?

"There are 23 of us in this year's coaching class, with quite a diverse range of professional experiences, including HR people, business owners, and company directors. If all goes as planned, I'll finish in October 2019, after two written exams, a memoire, three internships, and an oral presentation of my work!"

Good luck Kirsty!

VOCABULARY

light-hearted - amusing and entertaining

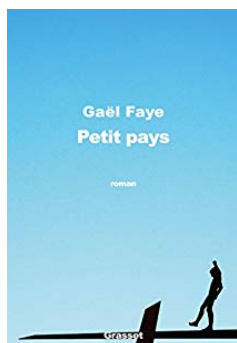
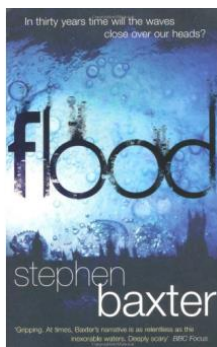
giggle - (v) to laugh lightly and repeatedly in a silly way, from amusement, nervousness, or embarrassment

eye-opener - an event or situation that proves to be unexpectedly enlightening

onset - the beginning of something, especially something unpleasant

deft - demonstrating skill and cleverness

a light read - something you read which is not considered too demanding or intellectual



What did you read this summer?

In the last edition of our Newsletter (July 2018), we made several suggestions about improving your English during summer, the last being “read a book”. Several VO staff members did. Here’s a brief account of what they read, and what they thought of the book.

Rachel WHYTE - Office Manager

“I started re-reading Bill Bryson’s A Short History of Nearly Everything. Led on by his natural curiosity, Bryson explores everything that’s happened since the Big Bang. It’s absolutely fascinating, in a very readable, light-hearted style. It’s also an account of one man’s understanding of the scientific world. Get ready to giggle!”

Isabelle ROBIN - French Trainer

“I read a small book this summer that was quite enjoyable, although I wouldn’t say it was great literature. Mémé dans les Orties by Aurélie Valognes. It’s funny and light, but most of all, it picks up one’s spirits!”

Jennifer KEICHER - English Trainer

“I recently read Small Things Great, by Jodi Picoult, a book about prejudice and power. It’s the story of Ruth, an African-American nurse who works on a predominantly white maternity ward. I enjoy how the author deals with controversial subjects, while telling a story full of warmth. A real eye-opener!”

Bunmi OYENEYIN - English Trainer (and French trainee!)

“Petit Pays, by Gaël Faye, is about a Rwandan-French child’s experience before and during the onset of the genocide in Rwanda. He describes his family, friends, enemies, and neighbours with a deft mix of humour and melancholy. Faye is a clever writer who leads you through his world. I felt I was walking alongside him.”

Kim BARRETT - VO Co-Founder and Translator

“I really enjoyed reading Flood, by Stephen Baxter, whose novels I find very entertaining. But I must admit it left me rather paranoid — his vision of the future is a little too close to reality for comfort.”

Kirsty VOISIN - VO Co-Founder and Trainer

“The Miniaturist, by Jessie Burton, is an excellent first novel because it really transports you to another time and place (The Netherlands, 16th Century). It’s not a light read, but perfect for immersing yourself in another world, and the characters are really well drawn.”