

The interview

Dr Pauline Rennie Peyton is a BACP senior accredited therapist, an integrative psychotherapist, EMDR practitioner, a chartered counselling psychologist, supervisor, mediator, life coach and author. She runs a private clinical practice in central London and works as an organisational consultant specialising in interpersonal workplace relationships, trauma, bullying and harassment



What has been your greatest personal or professional achievement and why?

Gaining my doctorate and having my book *Dignity at Work* published, especially as I am from the background of 'educating girls is a waste of time and money'. I have frequent senses of personal achievement when I watch clients fulfilling their goals and becoming who they want to be.

Why did you choose the workplace as your preferred therapeutic sector?

I specialise in working with interpersonal relationships and consider our workplace relationships to be equally important as any other in our lives.

What advice would you give to trainee workplace counsellors?

Listen, don't gossip and avoid getting involved in politics.

How might you champion the cause for, or increase uptake of, workplace counselling?

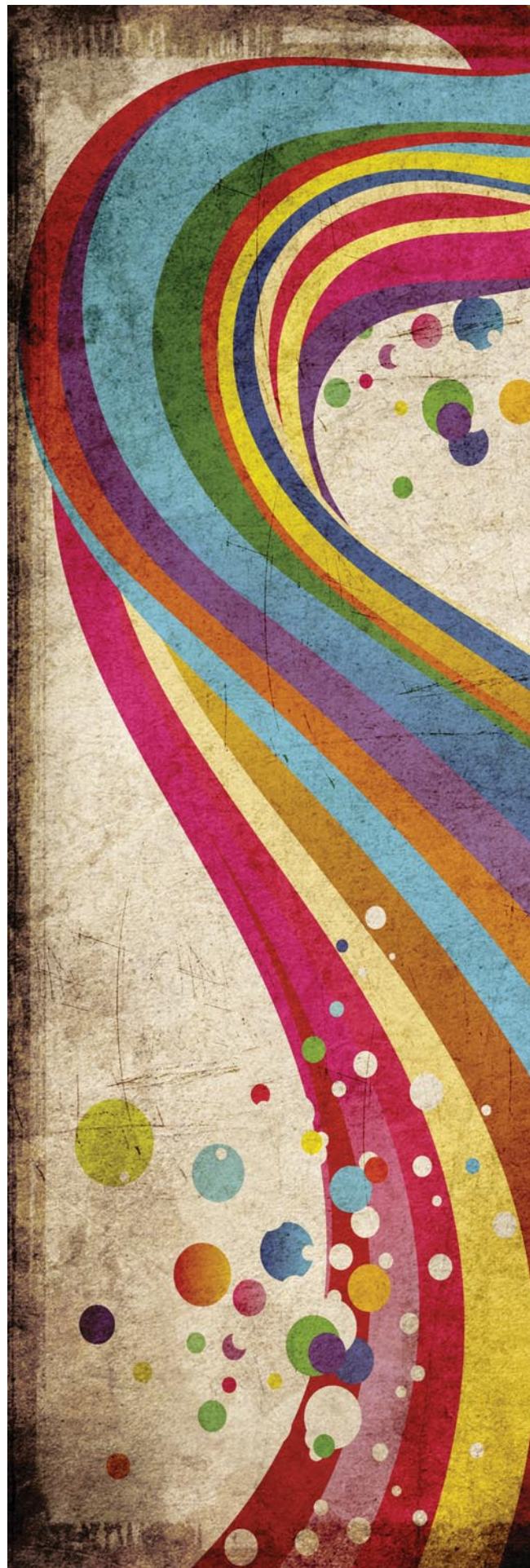
Encourage all training programmes to include a module on workplace counselling and I would promote the benefits of short-term workplace counselling to all organisations. Most people are now aware of counselling after major disasters but there is little promotion and understanding of the benefits of workplace counselling for more commonly occurring events in the workplace.

What or who inspires you?

My Aunt Freda. She is my harshest critic and my strongest supporter. I have valued her opinion throughout my adult life.

Complete the sentence: 'I didn't get to where I am today without...'

Being tenacious, knowing what I wanted and going for it.



If you could make one new law, what would it be?

That politicians and major decision-makers are made to have therapy and gain an understanding of self-reflection and empathy before making decisions about other people's lives.

Who would be your ideal lunch guest and why?

I would have to lunch with two guests: Nelson Mandela and Sir David Attenborough. Both men I respect and admire enormously as they have worked tirelessly with my favourite creatures – animals of all kinds.

What's your favourite book and why?

Siddhartha by Hermann Hesse. I first read it when I was 19 and it pressed the button in me to realise that life is not two dimensional and that there is spirituality.

In the movie about you, who would play you?

Dame Judi Dench. All my life I have been told that I look like her and her portrayal of Jean Hardcastle in *As Time Goes By* was a cringingly accurate depiction of myself.

Who is the person you'd least like to be stuck in a lift with?

David Cameron. Enough said.

What are you passionate about?

Aspiring to a world where people treat each other well and are able to fulfil their own potential without hurting others.

What do you most dislike in the world?

Bullying, whether it's in the school playground, the home, in the name of politics, or in the name of God.

‘It's not my objective to ‘paint badly’; rather, it's a familiar outcome’

What is your personal ambition for the future?

To be able to make more time for my hobbies of stone carving and painting badly. It's not my objective to 'paint badly'; rather, it's a familiar outcome. Also, to complete the two books that I have already started and to continue enjoying my life of adventure with my husband Ed, and friends. To take more time to relax and just be.

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