



Who We Are

The facilitators at Insight combine decades of experience to bring you a package of skills and services that can help transform your organization. Whether you are seeking improved communication, conflict resolution, productivity and performance, better assessment and evaluation processes or customized training, our facilitators have the experience and proven ability to deliver.

Other areas of expertise include: board development, strategic planning, leadership coaching, public facilitation, consulting, corporate and interpersonal communication skills, and a variety of assessment and evaluation tools.

We work with you to establish a contract that identifies outcomes with specific goals and targets to measure your return on investment.

Operating as a collaborative team we provide the broad range of skills and services needed to build a Healthy Organization. A list of clients served includes a broad range of private, public and non-governmental organizations, industries and businesses.

Kel Kelly

Kel has been helping individuals and groups learn how to resolve conflicts for over 20 years - he was among the first graduates from the Justice Institute of B.C.'s certificate program in conflict resolution. He believes that conflict in an organization, if appropriately addressed, presents a tremendous opportunity for positive change.

Organizational conflicts arise from a variety of sources including: a lack of clarity of roles and expectations, the absence of a common purpose or vision, and peoples' differing perceptions about leadership. Kel helps groups get to the underlying causes of conflict, to understand the values that different people carry, and the reasons people behave the way they do.

His work is done in an atmosphere of trust, respect and good humour. Kel believes that adults learn best when they are smiling.

Kel has been a partner in Comox Valley Mediation Services for 22 years. His clients span the spectrum of size and scope, from individuals and couples through to large organizations. He is a senior coach with the Justice Institute of B.C.'s Conflict Resolution program.

[Email Kel](#)

David Stapley

David Stapley combines 18 years of experience and training in management, facilitation and community development to assist individuals and the organizations they work with to build healthy and sustainable organizations, businesses, workplaces and communities. He provides organizational development and staff training consulting services to NGO, government and businesses through his company, *DS Consulting*.

David joined Insight Facilitation because of a shared commitment to holistic approaches and effective strategies for building sustainable organizations with human-centered work places. David specializes in large and small group facilitation, and development of strategic plans, effective work teams, communication and leadership skills.

David's work is influenced from many sources including: Steven Covey, Peter Senge, Roger Schwartz and Appreciative Inquiry. David completed his management training from the Centre for Leadership and Community Learning at the Justice Institute of British Columbia in 2006 (Management Development for Community Settings- MDCS).

[Email David](#)

Brenda Olinek, BA CPCC

Brenda has a passion for assisting individuals, organizations and teams seek ways to reach their full potential within healthy organizations and systems. She helps people renew their sense of who they are and what they can achieve in their professional and personal lives. She incorporated Path Seekers in 2001 and began working with Insight Facilitation in 2008 to be aligned with other skilled professionals who share this passion.

Brenda's extensive experience in the public, private and the not-for-profit sectors has helped her develop a comprehensive approach to guiding people through personal change and business transition. Each coaching relationship, team process and training program is customized to meet the unique needs of each client.

Brenda has a B.A in Communication Studies and is a Certified Professional Co-Active Coach (CPCC). She is a member of the International Coach Federation and has extensive training in Organization and Relationship Systems Coaching. Brenda's business clients come from a wide range of industries and her individual clients come from all walks of life.

[Email Brenda](#)