

WELCOME TO



Wellbeing Wednesday's

This weeks focus...

How are you really.....?



When was the last time you had a proper conversation about your wellbeing?

How often when asked do we reply 'yeah fine thanks'?

You may be absolutely fine or you could be anything but, yet that same answer is given over and over again without ever really thinking about it.

Sometimes, an informal chat with someone trusted to be listened to and heard is enough to improve a persons wellbeing whether or not the issues remain the same.

Did you know that you can have a wellbeing chat with me anytime you like? grab me in passing or drop me an email



Have you noticed someone in your team seems a bit down?

Why not start up a conversation?

It doesn't even need to be focused around wellbeing. A simple open ended question asked with genuine curiosity can be a powerful tool for ongoing communication.

