

# The Change Bulletin

JULY 2021 EDITION

Hi ,



**Football, tennis, COVID updates...  
in reality not all of them were popcorn and crisp moments!**

I feel like I've spent much of this month sitting on the edge of my seat, waiting for the outcomes of sporting events and COVID restriction updates. Roll on the summer holidays, albeit looking a bit different to the norm for many of us.

The thing I love about the summer is that the school break means a change in pace and an opportunity to reflect on what has been, and what is to come. Reminds me of my recent [suitcases!](#) article. I'm buzzing with ideas for the autumn!

One very exciting piece of news to share is my partnership with [GoVox](#) - a Wellbeing, Workplace & Educational Mental Wellbeing Platform. I'm so impressed by their proactive approach to improving happiness and mental wellbeing that we've joined forces. Check out why [here](#).

“Just as the bird needs wings to fly,  
a leader needs useful information to flow.”

**Israelmore Ayivor, Leaders' Ladder**

In recognition of their greatness, I've handed Richard Lucas of GoVox the pen to shape this bulletin. Enjoy!

*Lisa* 

P.S. The winner of the **Ue Coffee** for recommending someone or signing up themselves is **Hannah Pearsall**. Congratulations Hannah and enjoy the brew! ☕

P.P.S. Have a great summer! ☀️ I'm checking out till September - look forward to catching up then 😊



The rise of **social media** has created a society that has a great deal of trust and comfort in sharing how they feel, often some quite honest and emotional feelings, via their little digital screens. You only have to look at Facebook, Instagram or Twitter and people open up in a way that many wouldn't if they were sitting opposite someone.

**Engaging with people via their online devices** has become a powerful tool for organisations, In this ever-growing network of people a new theory has emerged, the idea of 6 degrees of separation. The idea behind this is that between you and any other person in the world is only a chain no longer than six people.

This powerful shift to dependency online can be harnessed in a positive way, in a world where organisations are increasingly disconnected to their biggest asset (its people) in a physical way this is becoming even more vital. The days of bumping into someone at the photocopier and asking how their day has been are becoming a distant memory, but as with many areas of our lives '*online*' has a solution, [www.govox.com](http://www.govox.com)



☆ Find out more about how [GoVox](#) works and the difference it makes by joining our webinar. [Richard Lucas](#) and I will discuss how it fits with the wider strategy, and why not having it is doing a dis-service to your employees.

Sign me up!

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☆ Join the [Zest Expert Chat](#) on 16 September when I will be discussing **Banishing Burnout** with [Rachel McGuinness](#). Get your questions ready!

Register to hear more

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☆ Look out for our webinar on 23rd of September 12:30, when [Mandy Bisson](#) and I will be talking strategy! If, like us, you want to avoid a tick-box approach to looking after employees, you'll love this! Complimentary one-to-one sessions will follow 🧐



When asked (and with their response visible to their line manager) 21% of people would be either '**Likely**' or '**Very Likely**' to leave their current role to work for a competitor (doing the same role) for the same financial reward.

Firstly, it is powerful that people are so honest, secondly, if that is *your* talent, wouldn't you like to know...so you can do something about it?



- Our [Leading Psychological Safety](#) webinar with [Roy Magara](#) stimulated interesting discussion about how to achieve this, following leadership insights from [Alice Lundsten](#) and [Leigh Forsyth](#).
- [Ingredients for Leaders](#) is an article outlining 7 guiding principles for leading high-performing, engaged teams. I've been informed it's now stuck on office walls! Thank you [Mike Quinnell](#)!
- The world around us is always changing fast and sometimes it can pay off to take a step back and reflect on how we got to where we are today. GoVox



founder, [Richard Lucas](#), takes a tongue in cheek look back at '[Wellbeing through the ages](#)' (well, as far back as he can remember!)

- Get yourself to the "[BEST NIGHT OUT IN 2022](#)" (you'll be held to that, [Rob Stephenson](#)!) by entering the [InsideOut Awards](#) and nominate others who have inspired positive change towards creating mentally healthier workplaces.
- The phenomenal [Luke Murfitt](#), [UK Entrepreneur of the Year](#), was recently interviewed by [Amantha King](#). [Watch](#) and be inspired!
- Looking for creative ways to support your [children's mental health](#)? Do your children enjoy craft? Check out Fiona Lock's Instagram [@dot.andco](#), which is about to re-brand and launch something very exciting!
- [New research](#) suggests 2 million people may have [long COVID](#). How are you identifying them in your company? For advice about support, contact [Anna Harrington](#).

**Richard's Monthly Indulgence...** Richard from GovOx gets to nominate his monthly indulgence this month...and he loves [Chicken George](#) - they are a great local business that invests back into the community and share the love. They also do really nice food! He also loves the odd beer, but there's nothing upmarket about the ones he drinks...



"Amazing delivery with fantastic explanations. Engaging and thoughtful so two hours flew by! I could listen to this lady all day – she is amazing!"

Anon Survey Response – Workshop Attendee, PEP:mk



Sign up page

I'm ready to hear from you at [lisa@itstimeforchange.co.uk](mailto:lisa@itstimeforchange.co.uk) – let's start the conversation & I can let you know how I can help.

If you haven't already done so, don't forget to connect with me on [LinkedIn](#)

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