

The Change Bulletin

SEPTEMBER 2021 EDITION



SO MY SUMMER WAS EVENTFUL

Hey ,

If you missed the story, head over to [my post](#) to find out what happened.

I am now hobbling about and trying to remain hopeful that I'll be walking (what I really mean is enjoying outdoor pursuits!) again soon. This really is a test of perseverance and mindset, and I don't mind admitting that I'm not always winning.

It goes without saying that everything has had to slow down, but is that a bad thing really? I'm learning a lot about myself and the people around me; I have a dream team in my personal life too! It's such a relief knowing people have my back and I'm lucky enough to be experiencing what I advocate.

I hope you enjoy my new format bulletin!

Lisa 



Zest expert chats

Last week I spent time with [Rachel McGuinness](#) on her Zest wellbeing hub podcast. We were talking about burnout and why this is so relevant today's demanding pace of work. How are you reducing the threat?

[Find out more and listen here](#)



What resilience really looks like in the new world of work & how organisational culture can make or break it

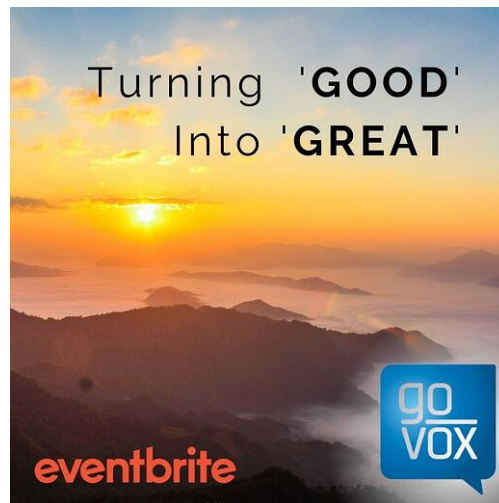
A face-to-face networking event WOW... I can't wait! I will be joined by [Katrina Sargent](#), [Gill Gayk](#), and [Leah Maclean](#) to talk business in challenging times. This event has sold out but please do get in touch with [Howard Feather](#) for future events.



Future-Proofing your Business in a Changing World

Join [Emma](#), [Liz](#) and myself to find out how you can future proof your business by improving the physical, mental and financial health of your employees... **30th of September**

[Learn more or sign up](#)



Connecting Companies with employee wellbeing

I am super excited to be partnering with Govox! During this webinar on the **14th of October** we will be providing leaders with knowledge, tools & confidence to identify & support people experiencing barriers to wellbeing & performance.

[Learn more or sign up](#)



Working through a pandemic and beyond...

is the topic of conversation at the next [Thames Valley Chamber of Commerce](#) Mental Wellbeing Charter event hosted by [David Saab](#).

[Ben Cahill](#), and I will be sharing our insights and knowledge.

Join us **October 14th**.

[Learn more or sign up](#)



Better you | Better business

Alongside a hugely talented bunch, I'll be running 3 workshops at this in-person event, hosted by [Sue Reeves](#) in Reading, **20th of October**.

Join me to find out about building a work culture to enable creativity, team work and wellbeing, brain vs KPIs, and Leading Change.

[Find out more](#)



This podcast is an opportunity to hear about the do's and don'ts, real case studies and psychological insights when I discuss **Employee Experience** with my esteemed guests.

Reflect on your own journey to create an organisational culture where employees are put first so they can be their best.

Watch this space! 👁️👁️



Making Joy a Priority at Work

This Harvard Business Review article by [Alex Liu](#) really resonated with me and what I work with companies to achieve.

Read it [here](#) to discover what leaders can (and should be) doing.

WOW it's turning out to be a busy Autumn.
Let me know which events you're attending; come and say "Hi!".

Ready to start the conversation, share your challenges and explore a
way forward?

Drop me a line

Connect with me on LinkedIn

Lisa

Chartered Psychologist & Psychotherapist

www.itstimeforchange.co.uk

Tel: 07766 252574

 lisapsychology

it's time for
Change 

WORKSHOPS | COACHING | CONSULTANCY