

Leadership Wellbeing Case Study

Evaluation with a senior leader from a charity based in North Yorkshire

What outcomes/results or changes have you seen from your experience of the group element of the programme? The bond we created as a team was incredible. We were all able to bring our authentic selves without judgment and if faced with any challenges, supported one another respectfully. The group element of the programme has taught me how to be confident to speak up and be vulnerable in the moment.

What benefits have you experienced from the one-to-one sessions? How to self-reflect even more than I already do and that behind every feeling is usually a trigger from a past experience. From this, I found that I like to seek clarity in my everyday life and that's okay! Working with JK in nature massively benefits as I feel free to express myself and being outdoors is good for my soul.



If you were describing the programme and it's experience to others, what would you tell them/ how would you describe it? Nothing like I have ever experienced before. In fact, it's really hard to describe. You go in with an open mind, with an unknown vision and somehow you're then sat there amongst others expressing yourself and really thinking about your life and where it's taking you/where you want it to go. Thinking about changes and how this impacts your wellbeing is incredibly powerful because, like myself, I'm sure very few people give themselves the time to do so. Your hectic life as a leader is put on pause when you're given time and attention to grow as an individual within beautiful surroundings with wonderful people. I would recommend this experience to everyone!

How will you be taking your experience & learning forward from here? I will continuously check in with myself and aim to focus on how I can keep my personal wellbeing strong. I will also promote wellbeing as an extremely important factor in order for my colleagues to develop and grow within the organisation.

Is there anything you would have liked to be different looking back on it all now? Not one bit!



How do you think this programme could be beneficial to other people/leaders in your wider sector? To take them away from what they think is reality and give back the time in work stresses back to themselves...feed what they need to grow as without being aware of how important wellbeing is you can't thrive to your best potential if you don't look after yourself.

Has the programme helped you value your wellbeing more? If yes, how? Absolutely, I now come first rather than last and I make sure I schedule in time for myself even if its 30 minutes a day

Has the programme helped you value nature more? If yes, How? Always been a passion of mine but I do take in and appreciate my surroundings even more so and promote to others around me