

Wellbeing & Meditation sessions!

With Steph!

No need to Book

Just pop in!

15 Minute sessions

Starts 09/08/24

12:30pm Civic Suite

RTH

Safeguarding starts with you!

Stephanie Grace (IASU) is offering short guided meditation sessions each

Friday lunchtime in Runcorn Town Hall for all adult social care staff.

This is a chance to relax, & unwind using

mindfulness techniques to

relieve stress and build on a positive mind set ready for the weekend!

This is aimed at actively promoting the wellbeing of our colleagues

Why?

Following lockdown, when staff began to return to the office, it brought with it a renewed level of stress. Steph began to offer her mediation sessions with IASU staff, as this is something that she has an interest in and partakes in regularly in her personal life.

All of the staff on IASU, whilst initially a little sceptical, began to feel the benefits of these sessions and looking forward to the small amount of time each week to dedicate solely to themselves.

Due to the benefits felt by the staff on IASU, it is now being offered out to all ASC staff.