

# Ways To Wellbeing

We share ways in which we help and support individual & organisational resilience & wellbeing.

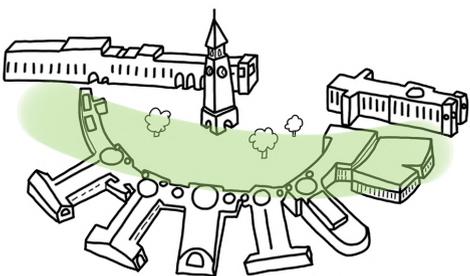
## Birmingham University Nature Walk

In March we hosted a Nature Walk for the team from Millennium Point, a landmark public building, multi-award winning venue and charitable trust in Birmingham. The walk took place at the University of Birmingham. It was an opportunity for the Millennium Point team to re-connect with each other and the goals of the business following the pandemic.

The walk was designed to connect with nature in an urban context and took in a number of stopping points around the university campus. At each stop small groups were encouraged to talk about topics that related to their business.

After the walk we reconvened at a local hotel for a debrief and conversation about people's observation from the walk and actions arising.

Feedback from participants included:  
*"I enjoyed relating nature to work and how we work as a team and individually. It was helpful to spend time with team members who I don't normally talk to. This event provided a good opportunity to reflect and focus on the future."*



## Charlie Changeman on video

The Inspired Partners team spent a day in Sutton Park with Richard Burley from Epic Action Imagery creating material to use in short animations and films to explain the concept of Charlie Changeman and the link between green spaces and business change.

We will be sharing these on our [YouTube](#) channel - the QR code is below - our website and through posts on LinkedIn.



## Developing Resilient Teams

Employee wellbeing isn't just a HR problem, it's a business priority as enhanced wellbeing and resilience is proven to improve business performance. A joint online seminar run with an independent Financial Adviser from Prosperity Wealth looked at ways to develop team resilience to drive success.

Areas covered were Skills Development, Change Management, Staff Wellbeing, Succession Management, Employee Benefits and Governance and Building a Resilient Workforce.

Participants were treated to information, tips, conversation even some quiz questions as a way to explore what areas would benefit from some attention in their business in order to develop more resilient people.

If this sounds like it would be useful for your team or organisation please get in touch.

## Sepsis Trust Anniversary Event

We created Post-it Art to celebrate The Sepsis Trust's 10th Anniversary. This local charity was founded in Sutton Coldfield in 2012 by Dr. Ron Daniels.

The charity seeks to save lives from sepsis and improve outcomes for survivors through political change, education for healthcare professionals, the raising of public awareness and provision of support for people affected by sepsis.

Since 2012 the charity has put sepsis on the national and global agenda, survival rates in the UK have increased and every year thousands of people and their families are supported in bereavement or recovery. It was our pleasure to capture some of the gratitude and messages of support expressed by people at the event in the form of a piece of Post-it Art.



Sally P

