

Over the last 12 months, our activity has focussed on mental wellbeing including embedding the Mindful Business Charter and addressing the stigma of mental health through storytelling

Mindful Business Charter

We were a founding signatory to the Mindful Business Charter, created to ‘remove unnecessary sources of stress and promote better mental health and wellbeing in the workplace’.

During 2019, we have been working with our people and our clients to embed the principles and to nurture more effective relationships within internal teams and with our clients.



Let's lunch

At our quarterly Let's Lunch focussed on our people priorities, we asked for input on how to bring the charter to life within teams at the firm.

“ Leadership advocacy – demonstrate the principles by leading by example.

Calendar invites should always include an agenda so that people are aware of what the meeting is for and ensure deliverables are set out from the start. ”

“ Email discipline needs to be addressed. We should consider the impact of sending emails out of office hours and stating explicitly what needs to be done and by when. ”

InsideOut LeaderBoard

The InsideOut LeaderBoard celebrates trailblazing senior leaders who are helping to smash the stigma of mental ill-health in our workplaces.

Using the powerful medium of photography as a form of storytelling to inspire further change, the InsideOut Exhibition showcases the portraits of senior leader role models with powerful quotes from their personal stories and highlights details of impact on their workplace and beyond. We were proud to be the first firm hosting it during Mental Health Awareness Week in May.



This coincided with the **Lord Mayor's Green Ribbon Campaign** to help **#endthestigma** of mental health, building on the inspiring impact of **This is *me*** storytelling. We asked our people to demonstrate their commitment to help **#endthestigma** during Mental Health Awareness Week by wearing a green ribbon.



The MindCycle Challenge

In the lead up to World Mental Health Day in October, The MindCycle Challenge took place in our London office. Eight teams including Susan Bright (Regional Managing Partner - UK and Africa) and Steve Immelt (CEO) took part in cycling a virtual route from London to Tokyo to raise awareness of and stimulate conversation around mental health.