

ICG Wellbeing Check in Resources

Some 'wellbeing' resources from the ICG

Looking at our conversations, themes around dealing with unexpected challenges, coping with change, and maintaining perspective have all come up. These are likely to be important for all ICG members so we've highlighted some ICG resources which can help.

Mental Fitness: 3 Keys to Better Stress Management, presented by Lara Meyer
Comments: Lara talks through her experience of stress at work and shares some easily implemented techniques from her tool kit. There's a fascinating discussion amongst attendees at the end of the recording which covers similar themes to those featuring in our Wellbeing sessions.

Emotional Resilience: What is it & how to develop it presented by Keith Mayers
Comments: From 20 minutes in Keith outlines some challenges and some tools which you can follow up separately depending on what sounds most useful

This Too Shall Pass: Navigating Change with a Sense of Humour, presented by Greg Arthur
Comments: A fascinating walk through some strategies for managing change well, including a really interesting discussion amongst ICGers attending

Mindfulness for Researchers, presented by Sam Toon
Comments: Sam talks through some great tools as well as key principles of mindfulness practice. She helps us get out of our heads and widen our perspective back out to a more balanced view.

Some business development resources from the ICG

Quite a few conversations focussed on the stress caused by unreasonable client expectations, how difficult it can be to push back, and how to avoid an uneven (or empty) work flow. So here are some links to ICG recordings covering business planning and strategy which might be helpful.

Get off the Feast or Famine Rollercoaster!, presented by Chantal Cornelius
Comments: some great advice to help break down what we're offering to who, how and why. Grab a notebook and have a look at the free resources on her website appletreeuk.com

5 Hacks and Hints to Grow Your Business, presented by Paul Griffiths
Comments: An incredibly useful and practical session on marketing your micro-business. I love "5 things" webinars! Some top LinkedIn tips here.

Other strategies & sources

Join one of the ICG networking initiatives, events or groups: the **Buddy Scheme** (check out two serial Buddy subscribers' views on the scheme and how to make the most of it [here](#)); come to a regular Coffee and Connect or drop into a Lunch & Learn. Keep an eye out for Lucie's regular round ups of what's on.

Come along to the next Check In (14/5/24 at 2pm) and get in touch!

Get togethers are really informal - keep an eye out for dates and pop along! If you have any suggestions, links, or wellbeing related content, please get in touch.

alison@CounterpointUK.com
admin@theicg.co.uk