

IMPACT REPORT 2019

#TEAMBOO

WHY WE DO WHAT WE DO

WE BELIEVE THAT EVERYBODY SHOULD FEEL
VALUED AND SUPPORTED AT WORK

WE BELIEVE THAT ONE DAY IT WILL BECOME
THE NORM FOR PEOPLE TO ENJOY
HAPPY, HEALTHY WORKPLACES

WE KNOW THAT HEALTHY, HAPPY EMPLOYEES
HAVE A POSITIVE IMPACT ON CUSTOMER EXPERIENCE

WE KNOW THAT THE BEST WAY TO ACHIEVE
THIS IS BY HELPING LEADERS
TO BE AMAZING

IMPACT REPORT 2019

INTRODUCTION	4
MEET THE TEAM	6
LOCAL Vs GLOBAL	8
SOME NUMBERS WE ARE PROUD OF IN 2019	10
BRINGING A NATIONAL MOVEMENT TO OUR LOCAL TOWN	12
THE SOCIAL BUSINESS COLLECTIVE	13
2019 ON THE MAP	14
CARING FOR YOURSELF	16
CMI CASE STUDY	18
OUR YEAR	20
NATIONAL WELLBEING STATISTICS	24
A CALL TO ACTION	25
WHAT OUR CUSTOMERS SAY ABOUT US	26

INTRODUCTION

Our coaching, mentoring and leadership programs have helped thousands of bosses be better bosses. Where we've sprinkled our magic, workplaces have thrived. We do things differently, and we do them well.

We are deeply rooted in our local community, and champion our home town of Bolton. We work alongside the public sector to support initiatives in our area and we support local charities in a meaningful way. We maintain a local, ethical supply chain. However, our vision is to be a global brand. The world is made of communities - we know it's possible to be both community-minded and a globally-recognised brand.

Once the whole world is happy, healthy and valued in their jobs – well we'll just have to find something else to do.

Becci Martin

Director of Coaching



“Th
wellb



“The biggest impact on workplace
being is how we are supported and
how this makes us feel”

MEET THE TEAM



Becci

Becci Martin, Director of Coaching

Becci leads the business with a focus on enabling organisations to build healthy leadership cultures where all colleagues can thrive. Significantly, Becci led Boo to achieving Investors in People Gold with Health and Wellbeing Accreditation in its first year of trading as a limited company. Boo is a business driven by its values and Becci leads with care and authenticity. She creates an environment where women are given every opportunity to shine and her leadership style creates ripples in her local community and beyond.



Helen

Helen Smith, Learning and Coaching Consultant

Helen is one of our Learning Facilitators, who enables people to develop a coaching approach through delivering sessions that build the coaching culture within their organisations. As a qualified trainer, Helen facilitates a range of our wellbeing sessions with staff to give them the tools to look after themselves so that they can be productive in their roles. Helen brings 15 years' experience working across health and social care and has a knowledge of strategic and grassroots opportunities and challenges that face the health sector.



Sheenal

Sheenal Patel, Centre Manager

Sheenal is our Centre Manager and calendar queen. As well as helping to launch our accredited centre, she ensures that the team have all the required tools for their coaching sessions and manages their diaries to perfection. Sheenal has 15 years experience working in various hospitality & customer service roles and spent the last 5 years working in Dubai managing guest relations and front of house experiences for a global hotel brand. We are delighted that she is bringing a wealth of talent and experience to Team Boo.

WHAT WE ARE MOST PROUD OF FROM 2019

"I'm proud of how Team Boo have tackled some of the challenges that 2019 threw at us. I am proud that we were finalists for 'Employer of the Year' at the Bolton Business Awards and I am overjoyed that our wellbeing coaching programme is making a huge difference across communities up and down the country!"

Becci

"I'm most proud of the second roll out of our Caring for Yourself programme. You're only there for a couple of hours, but the difference it makes is remarkable. When people first walk in the room, they are slumped, sometimes on the verge of tears. When they walk out they look physically different; their posture is different. It gives me goosebumps!"

Helen



Amy Rothwell, Business Development Lead

Amy has a background in history and heritage, followed by ten years in the third sector, working mostly in mental health and suicide prevention, special educational needs and disabilities, with a focus on teaching, training and development. She sits on the board of a women's refuge charity. It has been a varied career, but consistently she has found herself a connector of people and an ambassador for each organisation, something she can only do if genuinely believes in the services that organisation provides. She also knows a little about farming merino sheep.



Amanda Walsh, Virtual Administrative Assistant

Amanda is our part time virtual admin assistant, Proof reading, typing and transcribing dominate her workload. Amanda comes from over 15 years' experience in the financial industry, CeMap qualified and a former Insolvency drafter, however, she has taken a very different career direction and is currently studying for her BSC (Hons) Adult Nursing.



Karen Nesbitt, Associate Coach and Learning Consultant

Karen is one of our Associate Coach & Learning Facilitators and delivers our CMI Coaching and Mentoring Programmes. She is a professionally qualified people development and HR specialist with 20 years' experience, extensive knowledge and skills. She has worked with a wide variety of industries including aviation, banking, retail, manufacturing, housing and civil service. She is a supportive and passionate facilitator, coach and assessor and enjoys working with individuals and groups at all levels. Her areas of expertise include leadership and management development and coaching. Outside of work Karen is a busy mum / taxi (!) to 3 very active children.

"Our CMI centre and everything that comes with it - I think it's just brilliant. I love helping the participants with their assignment assessments. I also just love being part of Team Boo."

Sheenal

"I'm just proud to have joined an ethical organisation that shares my values, that has the tools to change workplaces and society, that celebrates Bolton, that has a pink and purple logo and that's called Boo! I'm proud to represent Boo, a company I really believe in."

Amy

LOCAL VS GLOBAL

 LOCAL		MEMBER OF THE BOLTON FAMILY	
 HOSTED A FREE ASSURE PROGRAMME TO HELP LOCAL WOMEN BE THEIR BEST IN 2019		 DESIGNED A LITTLE BOLTON WANDER	
ATTENDED BOLTON 2030 VISION CONFERENCE	LAUNCHED OUR BEAUTY BANK 	MEMBERS AND HOSTS OF THE SOCIAL BUSINESS COLLECTIVE 	
 SUPPORTING BACKUP, AS THEIR GUARDIANS, BY MAKING CHARITABLE DONATIONS, BY SUPPORTING THEIR EVENTS, BY GIVING SOCIAL VALUE HOURS		MOVED OUR HQ TO A HISTORICAL BUILDING IN CENTRAL BOLTON 	
HOSTED BOLTON'S LIVING WAGE WEEK EVENT 		 HOSTED AN EVENT TO CELEBRATE INTERNATIONAL WOMENS DAY	



A NEW HQ

In May, Boo HQ moved to the historic Little Bolton Hall. We are deeply rooted in our home town, and love being in central Bolton at the heart of everything, and we also love a building with an interesting past!

Little Bolton Town hall has been a civic meeting places, a magistrates court and a police station – complete with dungeons, and was nearly burned down during Chartist riots in 1839



“We are rooted home”



GLOBAL



PRESENTED AT THE
EMCC CONFERENCE
BRUSSELS

HOSTED 10
WEBINARS WITH
GLOBAL REACH.
ONE LIVE FROM
DUBLIN



BROUGHT BOLTON TO DUBLIN WHEN
BECCI PRESENTED 'THE SOCIAL
IMPACT OF COACHING IN BOLTON' AT
THE EMCC INTERNATIONAL COACHING
& MENTORING CONFERENCE IN APRIL

SAT ON THE STEERING GROUP
FOR THE LIVING WAGE
FOUNDATION'S LIVING WAGE
WEEK PLANNING



DELIVERED ACROSS
8 COUNTIES, 3
COUNTRIES

RAN A RETREAT FOR
WOMEN ACROSS THE
COUNTRY



WERE PART OF THE
INTERNATIONAL WOMENS
DAY MOVEMENT



WROTE A GUEST BLOG
FOR THE HPMa WEBSITE



A GLOBAL CONFERENCE

In October, Becci travelled to Brussels, to present the self-care project Boo delivered in Hillingdon to hundreds of attendees at the second EMCC International Mentoring Conference.

SOME NUMBERS WE ARE PROUD OF IN 2019

**£2000 GIVEN
IN CHARITABLE DONATIONS**
(Including Backup, Once Upon a Smile)



WE MADE DONATIONS FROM OUR BEAUTY BANK TO 4 NORTH WEST ORGANISATIONS

(Women's Housing Action Group, Backup, Baby Basics,
and the victims of the Bolton University fire)

44% REDUCED
IN STRESS-
SICKNESS
AFTER WE DELIVERED
'CARING FOR
PROGRAMME'
BOLTON HOSPITAL



AWARD NOMINATIONS



MEMBERS OF #TEAMBOO WERE
NOMINATED FOR **13** AWARDS

And were finalists for 'Employer
of the Year' (Bolton Business
Awards), 'Small Organisation'
(Northern Power Women
Awards), 'Shero' award (Inspire
Awards), 'Inspirational Woman
of the Year' (Health & Wellbeing
Awards)



Mini Boos Lily and Emma were
finalists for the Young Person's
Award at the Inspire Awards
(Emma highly commended).
Both went on to win the Young
Persons Award at the Health and
Wellbeing Awards 2019.



DELIVERY

WE HAVE DELIVERED
COUNTRIES AND 8

SUPPORTED 57 LEARNERS THROUGH
CMI COACHING PROGRAMMES

WE DELIVERED
80 FACE TO
FACE COACHING
SESSIONS



HOSTED 4 FREE ALUMNI
DAYS FOR OUR COACHING
COMMUNITY

PRESENTED TO 500
PEOPLE AT 2 GLOBAL
CONFERENCES

EMCC conference in
Brussels, and EMCC
conference in Dublin

MADE 4
COLLABORATION
AGEUK, C
CHANGE, K
OF KP W
MANAGEMENT
PURELY W

FACILITATED AT 2 NATIONAL
CONFERENCES, ATTENDED
BY OVER 300 PEOPLE
THE GMP HEALTHCARE SUPPORT
WORKER CONFERENCE AND HPM
NATIONAL CONFERENCE

9

ACTION

RELATED
ABSENCE
IVERED OUR
YOURSELF'
AT ROYAL
OSPITAL



RED IN 3
COUNTIES



HOSTED
EBINARS

Topics such
nder in the
e, Wellbeing,
otionally
t Leadership

NEW
RATIONS
CUP OF
AYE PRICE
EALTH
ENT AND
ELLBEING



COMMUNITY TIMEBANK



FOR EVERY DAY OF DELIVERY,
WE BANK ONE HOUR TO GIVE
BACK. HERE'S HOW WE USED
SOME OF THOSE HOURS IN 2019...

TEAM BOO ARE COMMITTED TO GENERATING REAL SOCIAL
VALUE, BECAUSE THE WELLBEING AND HAPPINESS OF OUR
COMMUNITY IS OUR GOAL AND OUR RESPONSIBILITY.



22 HOURS
FOR NATIONAL LIVING
WAGE WEEK



As part of the Living Wage Foundation's
steering group for National Living Wage
Week, and organising Bolton's Living
Wage Week event (and webinar)

15 HOURS
ORGANISING AND HOSTING AN
EVENT FOR INTERNATIONAL
WOMEN'S DAY

Which 80 women attended
celebrating the achievements of
women in the North West

8 HOURS
SUPPORTING BACKUP
NORTH WEST
THROUGH A VALUES-
BASED RECRUITMENT
PROCESS

6 HOURS
OF FREE MENTORING GIVEN
TO 1 SMALL BUSINESS



4 HOURS
DELIVERING A WELLBEING SESSION
AT A LOCAL PRIMARY SCHOOL
'CARING FOR YOURSELF' AT
MARKLAND HILL

12 HOURS
DELIVERING OUR FREE 'ASSURE'
PROGRAMME TO 27 WOMEN



In collaboration with our partner KP Wealth
Management, helping women to set goals and care
for their health and wealth in 2019

10 HOURS
HOSTING 5
'SOCIAL BUSINESS
COLLECTIVE'
MEETINGS HELPING
SMALL BUSINESSES
MAXIMISE THEIR
SOCIAL VALUE



2019

BRINGING A NATIONAL MOVEMENT TO OUR LOCAL TOWN



NATIONAL LIVING WAGE WEEK

As proud Real Living Wage employer, Boo sat on the steering group for the Living Wage Foundation's 2019 Living Wage Week activities and celebrations. In November we hosted Bolton's Living Wage Week event at Little Bolton Town Hall, inviting other existing and aspirational Living Wage employers to join us. We shared photographs of the Living Wage logo in some of the most beautiful parts of Bolton, highlighting both the issue of fair pay and the beauty of our hometown.

We are champions of this national movement because we believe that paying people enough to live on is the right thing to do. Bolton currently has 19 employers that are registered as Living Wage employers, and we are keen to do all we can to see this number rise. We would love to see Bolton eventually become a Living Wage Town, and here are some of ways you can help:

IF YOU CAN'T YET PAY THE REAL LIVING WAGE, CAN YOU COMMIT TO WORKING TOWARDS IT?



CAN YOU MAKE SURE YOUR SUPPLY CHAIN CONTAINS REAL LIVING WAGE EMPLOYERS?



CAN YOU MAKE CONSCIOUS CHOICES ABOUT WHO YOU SHOP WITH?



CAN YOU BE A REAL LIVING WAGE ALLY, AND USE YOUR NETWORKS TO PROMOTE IT?



THE SOCIAL BUSINESS COLLECTIVE #SOCIALIMPACTBOLTON



Team Boo are proud to be one of the co-founders of the Bolton Social Business Collective, a group of small and micro-businesses with a conscience. We know what it's like to want to make a difference but to feel too insignificant and powerless to do so. Perhaps, as private sector organisations, we wonder if it's appropriate to want to give back to our community? We realised that many others felt this way, so by uniting our hopes, good intentions and efforts we are working to make a difference, however and whenever possible, in Bolton.

If other organisations did this in every town, we'd have a national movement of collectives doing small good things wherever they can. SBC Bolton really started to plant roots in 2019, and we enjoyed welcoming new organisations as guests to our meetings alongside the core group. Alongside hatching plans for a better Bolton, we also work hard to support each other in our aim to show that you can be kind and generous and also turn a profit! We find this is something our members struggle with, but as founder member Hayley from Starts with You puts it:

“We are a social enterprise, but without ‘enterprise’, there can be no ‘social’!”

TEAM BOO HAPPINESS AMBASSADOR AMY DESCRIBES ATTENDING ONE OF THE SOCIAL BUSINESS COLLECTIVE MEETINGS IN SUMMER 2019

“I went to a meeting that was held at A Small Good Thing green grocers a few months ago. The theme was environmental. This has always been a topic I've shirked. Not wanting to give up corned beef, my car or holidays abroad, I would just zone out ('ozone out') of anything to do climate change, fingers in my ears, insisting I didn't care about the polar bears.

Since that meeting I have embraced the idea that 1000 people doing small good things can have a greater positive impact than 100 people going carbon-neutral and zero waste. I invested in reusable nappies and bamboo toothbrushes. I've cut right down on single-use plastics.

I aim to pick up a piece of litter every day. I'm cracking down on disposable fashion. I've started recycling organic waste. I actively try to remember to take bags to the supermarket. I buy eggs and milk from a local, high-welfare source. I eat less meat. Small things indeed when I still drive, I still fly. Some may call it hypocrisy. I call it better than nothing.

The Social Business Collective has changed my mindset and my behaviour. I know that I don't have to be perfect to belong. The journey to being a better inhabitant of the world becomes easier when you're walking it will equally flawed but well-intentioned companions. And you don't look back!”

2019 ON THE MAP

In 2019 we were successful in our bid to secure some funding from GM Active Ageing with the support and guidance of Deborah Drinkall (Engagement and Development Worker (GM) Active Ageing AgeUK Bolton). We came up with the idea of 'A Little Bolton Wander' because we are based in the stunning Little Bolton Town Hall and we realised we have so much to see right in front of us! During the winter of 2019 we roped in as many people over 55 as we could (including our long time friends at Halliwell History Society), to gather information about the points of interest along our chosen route. As well as historical fact, we also incorporated some local legends and some mindful walking too, to benefit our minds as well as our lungs and limbs. The route will be launched in early 2020, and we hope it will only grow in popularity in the spring. We can't wait to meet new friends and encourage more physical activity in the town centre "Our goal is to get out more and enjoy a wander around town and encourage more people to add a few minutes of walking into their day."

Little Bolton Wander

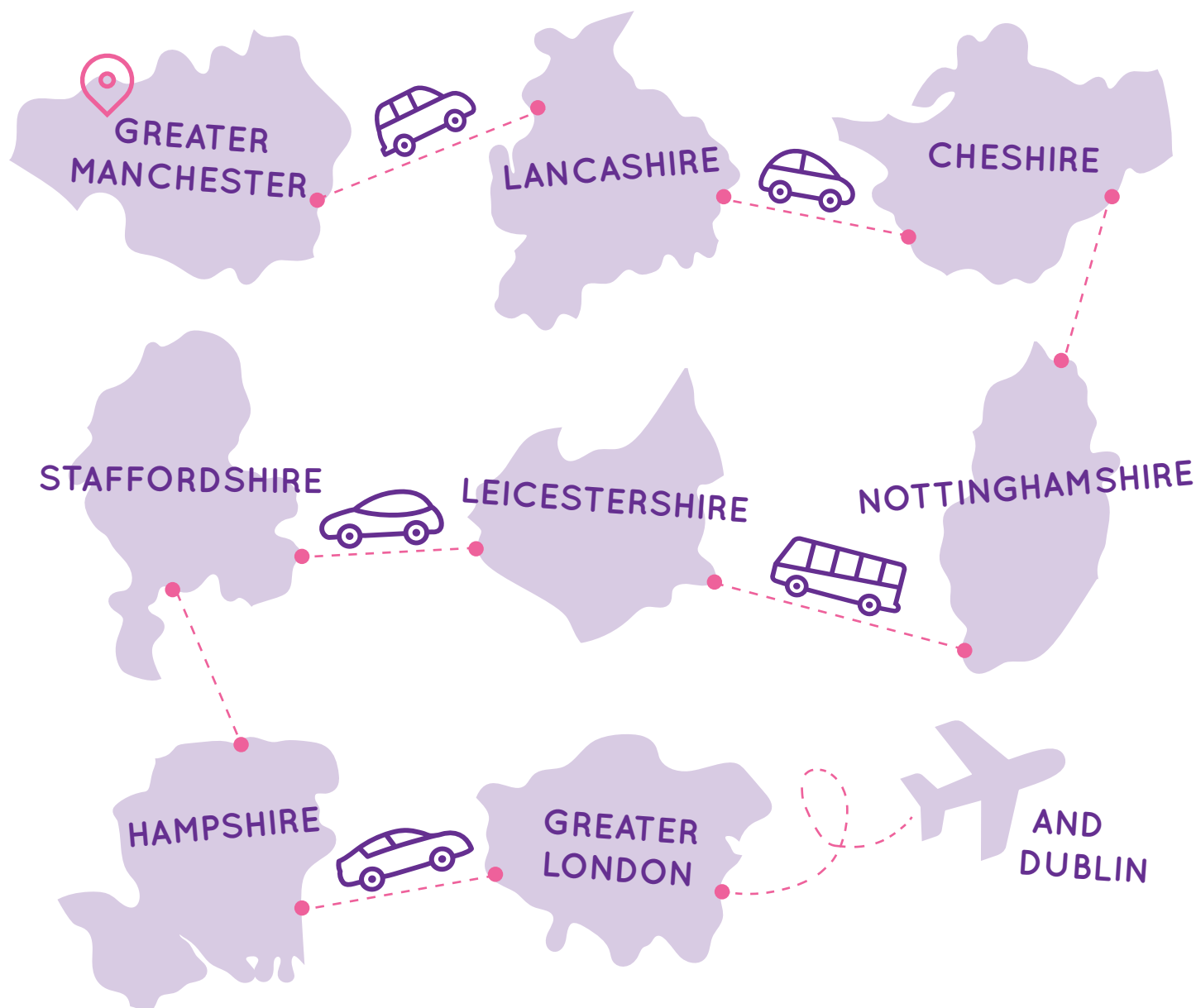


"Our goal is to get out more and enjoy a wander around town and encourage more people to add a few minutes of walking into their day"

#LittleBoltonWander

WE HAVE SPENT 2019 WHIZZING ALL ROUND THE COUNTRY AND BEYOND...

Here are the places we've delivered our programmes this year



“Our learning is relevant to any industry, in any part of the world”

“We have delivered our learning and coaching programmes to approx. 4500 participants”

CARING FOR YOURSELF HILLINGDON STORY

Team Boo were invited to deliver our Caring for Yourself Programme in a special location - the Battle of Britain Bunker, Hillingdon.

During the Second World War, fighter aircraft operations were controlled from here. During 2019, the bunker hosted participants from 44 GP practices across Hillingdon and Uxbridge as they learned to care for themselves so that they could better care for others, avoid burnout, and be happier in their work and every day lives.

What did the participants say about the sessions?

The participants told us they found the sessions fun and interactive, and they noticed a real sense of positivity and warmth. They appreciated having time to 'settle in' before getting started, and having the chance to share their own thoughts, feelings and experiences – realising they weren't alone.

Almost everyone remarked on a renewed a sense of gratitude and appreciation. Many also felt a fresh connection with their core values.

What key learning did they say they'd take from the sessions?

The participants told us they were now much more mindful of taking time for themselves before they got burnt out. They pledged to seize opportunities for renewal, because this is a necessity and not a luxury – even at work. They would practice saying 'no' or 'not right now', and make a conscious effort to live in the present moment, without constantly trying to think ahead or multi-task. They felt this would help them to stay in a positive mindset and to be more empathetic towards others.



"Thank you.
These sessions
are teaching me
to take stock
and enjoy each
day at a time"

"Great"

"Fabulous"

WHAT WE DID

The Hillingdon 'Caring for Yourself Programme' consisted of 8 sessions on 7 different themes



47
Attended
(over both dates)



34
Attended



37
Attended



26
Attended



27
Attended



28
Attended



23
Attended



VENUE - BATTLE OF BRITAIN BUNKER

With a breakfast, lunch or supper club format (depending on the time of day)



There was one session a month between May 2019 and January 2020, with an average of 38 attendees for each

TOTAL ATTENDEES 222

This made participants feel less like they were back in the classroom and more that they were coming together as adults, to share refreshments and be treated as they learned.



THE PRIMARY OUTCOMES OF OUR CARING FOR YOURSELF PROGRAMME WERE THAT PARTICIPANTS:

Understood how to take the best possible care of their own wellbeing



Understood why this was important



Were inspired to make positive changes to improve their work and home lives



"I have loved every moment"

"Thought-provoking"

"Inspiring"

"Fantastic, very good session"

"The trainer was fantastic and really adapted the course to suit our needs"

Boo is an approved Chartered Management Institute (CMI) centre, and we offer the Level 5 and Level 7 Awards in Coaching and Mentoring, either as a block-booked programme for one organisation, or an open programme for individuals from different organisations.



We love helping our customers to obtain their coaching accreditation through our unique approach to skills development and professional practice.

When you join a programme with Team Boo you can expect a fun, practical and supportive learning environment where we enable learners to develop the skills and confidence to be fantastic coaches and mentors.

CMI CERTIFICATE IN COACHING AND MENTORING

2019 graduate Sarah Geere explains the benefits of attending our Level 5 open programme

Sarah wasn't specifically looking to complete a coaching and mentoring qualification, but when one of our flyers made its way into a leadership meeting, it piqued her interest.

"I'd already heard of coaching as I'd done a Masters Degree in Leadership, and it resonated with my background as an occupational therapist because we use those skills indirectly with patients."

"Coaching and mentoring, as a leadership development tool, can change culture in a staggered way. It's about achieving that shift through lived experience and not 'oh the managers have been on a course again....'"

One of the revelations was coming to understanding the deep impact our values have on our daily lives.

"It's such a fundamental thing to be aware of your values. For example, in new situations you can use your values to understand yourself in that moment and guide you through decisions."

Another important consideration is how they change throughout your life. I have values cards and I've used them periodically and seen interesting shifts."

Sarah thinks that attending an open programme with attendees from varied backgrounds was a strong selling point and the best choice for her. These were her three highlights:

1. The confidence to hone coaching skills in a neutral environment, without conflict of interest or losing sight of the bigger picture

"That fact that my coachees weren't from the same organisation was great because it gave me the confidence that I was actually relying on my coaching practice and not my subject experience or my existing knowledge about them instead."

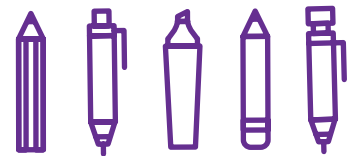
2. The development of a coaching community

"The cross-organisational aspect was a real positive for me. There was a good mix of organisations and they became a network."

3. Team Boo's approach

"I loved the course. The energy that Team Boo have is fantastic. They are down to earth but with such a passion that you can't help but come away with a curiosity, you want to learn more..."

"I've realised I am a visual coach. I have a real affinity for sticky notes and coloured pens, and these are some of the main tools that I use in my practice. This really helped it click for me."



In a statement that echoes what many of our participants say, Sarah explained that her learning has had positive knock-on effects beyond her professional life.

"Coaching, in particular, is my go-to tool. My family joke about how I directly use coaching questions at home. Not only that, but this approach seems to have rubbed off on them too. They'll say to me 'What would your kind self say?'"

So what will be the long term benefits?

"I grew up with the idea of a directive, hierarchical structure of management and leadership. Here I see an opportunity for younger generations to shift a whole culture about how we talk to each other."

What a legacy

For Team Boo, it was a genuine pleasure to work with Sarah, and to discover how the decision to join our programme has had such a life-changing effect!

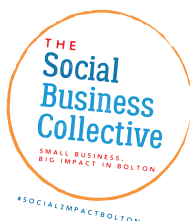


Our Year 2019



CONTINUED OUR PROGRAMME OF MONTHLY COMMUNITY WELLBEING EVENTS AT ALL SOULS

PRESENTED TO 140 HEALTHCARE ASSISTANTS AT THE OVAL AT THE GMP HEALTHCARE SUPPORT WORKER CONFERENCE



THE FIRST OF 5 SOCIAL BUSINESS COLLECTIVES HOSTED AT BOO HQ

PRESENTED TO 400 PEOPLE AT THE EMCC GLOBAL CONFERENCE IN DUBLIN, AND HOSTED A LIVE WEBINAR THAT WENT GLOBAL



MOVED INTO NEW HQ AT LITTLE BOLTON TOWN HALL

SHORTLISTED FOR THE NORTHERN POWER WOMEN AWARDS

LAUNCHED THE BOO BEAUTY BANK WHICH DONATED HUNDREDS OF PRODUCTS TO 4 LOCAL ORGANISATIONS IN 2019



LAUNCHED THE ASSURE PROGRAMME WITH KP WEALTH MANAGEMENT, 27 WOMEN BENEFITED IN 2019



USED SOME OF OUR COMMUNITY TIMEBANK TO SUPPORT BACKUP IN A VALUES-BASED RECRUITMENT EXERCISE



FINALISTS IN THE INSPIRE AWARDS



#TEAMBOO STARTED
DOING OUTDOOR
MEETINGS

LAUNCHED OUR OWN
BOO BRANDED COACHING
CARDS



ATTENDED THE
BOLTON 2030 VISION
CONFERENCE

JOINED THE
GM CHAMBER OF COMMERCE



HOSTED INTERNATIONAL
WOMEN'S DAY EVENT FOR 80
LOCAL WOMEN



January - June

BECCI INTERVIEWED
ABOUT 'THE POWER OF
MENTORING' AT NATWEST'S
BUSINESS ACCELERATOR
EVENT



RAN A COACHING
AND MEDITATION
WELLBEING RETREAT

COACHING
Retreat



WORE OUR PJS
AT A BACKUP
FUNDRAISER,
CONTINUING
OUR
GUARDIANSHIP
OF THIS LOCAL
CHARTITY



CARING
FOR
YOURSELF

WE FOUND OUT THAT
OUR 'CARING FOR
YOURSELF' PROGRAMME
HAD REDUCED STRESS-
RELATED SICKNESS
ABSENCE AT BOLTON
NHS FT BY 44%





Our Year 2019

CELEBRATED
OUR 7TH
BIRTHDAY



TEAMED UP WITH AGE UK BOLTON
TO PRODUCE THE 'LITTLE BOLTON
WANDER' WALKING ROUTE

Little Bolton Wander



FINALISTS FOR EMPLOYER OF THE YEAR
IN THE BOLTON BUSINESS AWARDS



PRESENTED AT THE
EMCC CONFERENCE
IN BRUSSELS



DECKED OURSELVES
IN RAINBOWS AND
MARCHED FOR BOLTON
PRIDE



SUPPORTED A LOCAL
PRIMARY SCHOOL BY
GIVING SOCIAL VALUE
HOURS TO DELIVER
'CARING FOR YOURSELF'
TO THE WHOLE STAFF
TEAM



LAUNCHED OUR 'CARING
FOR YOUR BUSINESS'
NETWORKING EVENT



RAN OUR SECOND
WELLBEING RETREAT



WROTE A GUEST BLOG
FOR HPMa



DONATED £400 WORTH
OF PRIZES TO THE BACKUP
GALA BALL

PARTNERED WITH
COLLABORATE OUT LOUD TO
HOST A 'CUP OF CHANGE'



Cup of Change

July - December



HOSTED BOLTON'S NATIONAL
LIVING WAGE WEEK EVENT



BECCI FACILITATED AT THE HPMa
NATIONAL CONFERENCE

ADOPTED #BIG ELF FROM BACKUPNW
AND TOOK HIM ON SOME ADVENTURES



NATIONAL WELLBEING STATISTICS

IN MARCH 2019
AVERAGE LIFE
SATISFACTION HAS
IMPROVED BY **3.4%**
ACROSS THE UK. THE
LARGEST IMPROVEMENT
RECORDED IN LONDON,
AT **4.6%**

3.4%



ACROSS
THE UK

OVER THE SAME
TIME PERIOD,
AVERAGE ANXIETY
LEVELS IMPROVED
BY **5.3%**, WITH
THE NORTH WEST
IMPROVED THE
MOST, BY **9.7%**

5.3%



ACROSS THE
NORTH WEST

AREAS WITH THE **HIGHEST** LEVELS OF WELLBEING RATINGS INCLUDE



WITH **CONSISTENTLY HIGH** REPORTED RATINGS ACROSS ALL
FOUR MEASURES OF PERSONAL WELLBEING



Happiness



Anxiety



Life
satisfaction



Feeling
worthwhile



STATS SHOW THAT AREAS WITH THE LOWEST
WELLBEING RATINGS ARE CATCHING UP



7.56 out of 10

AVERAGE HAPPINESS IN UK

BETWEEN MARCH 2018 AND
MARCH 2019 THE AVERAGE RATE
OF HAPPINESS IN THE UK ROSE
SLIGHTLY, FROM **7.52** TO **7.56**
OUT OF 10



IN **BOLTON**, LEVELS OF BOTH LIFE
SATISFACTION AND HAPPINESS
HAVE RISEN FROM BELOW THE UK
AVERAGE, TO EVEN OUT AT THE
UK AVERAGE BY 2019

From the office of national stats Since 2013 (the first UK baseline)



A JOURNEY OF A THOUSAND MILES MUST BEGIN WITH A SINGLE STEP



Is there a small thing you could do today, a small change that you could make, that if everyone did it would change the world?



What can you do to support the Real Living Wage movement where you live and work?



What makes you proud of where you live?
How can you be more involved in that?

WHAT OUR CUSTOMERS SAY ABOUT US ...



General Practice HCAs... · 17/12/2019 ✓
Replying to @orangesmartie @Boo_HQ and 6 others

Great session as always ! Thank you SO much @Boo_HQ and @orangesmartie ! Looking forward to sharing the gratitude jar this Xmas



Phil Orton @POMaking... · 01/10/2019 ✓
Fantastic to see our first group of newly qualified coaches complete the #CMI 5 #coaching @MakingSpaceUK . Thanks to @Boo1977 and the team at @Boo_HQ



Clare @lennonleahy78 · 17/12/2019 ✓
@Boo_HQ @orangesmartie Feeling super #grateful 🙌 for today's Gratitude&Joy w/ #selfcare #wellbeing & #gratitude 🙌 Thank you for our pressies, jar ready to encourage the family to share gratitude. Will also start one for the team at @H4All_Charity 🙏🙌



Mahmoda Begum @MahmodaBe... · 1d ✓
Thanks @Boo1977 for an ace session on reverse mentoring with @Boo_HQ @NHS_WMLA and the fab @MayeleRivie always great sharing stories 🙌 @alysidyke and I are looking forward to putting into action @Strategy_Unit



Tracey.J @_Taj_21 · 12/12/2019 ✓
@boltonnhsft @Boo1977 @Boo_HQ @kellyml87 @HahloRod @LJGamm fantastic being active session with the fabulous Boo Coaching. Really thought provoking and engaging work. Thank you. Courses running again from January. New dates being released from Monday next week.



Smartie @orangesmartie · 25/10/2019 ✓
And this is why the #Hillingdon #Wellbeing programme for #generalpractice is so important to me. It creates time and headspace for staff to relax and think about what they need to look after themselves. @Boo_HQ @Boo1977 @Hillingdon_CCG @TheConfedHill @RoyLilley @FabNHSStuff

Kate Platt ▶ **Boo Coaching & Consulting** ...
18 December · 🌐

Another fantastic session today, thank you Helen and the group of ladies I was with. Very emotional and thought provoking for us all 🥹🥹

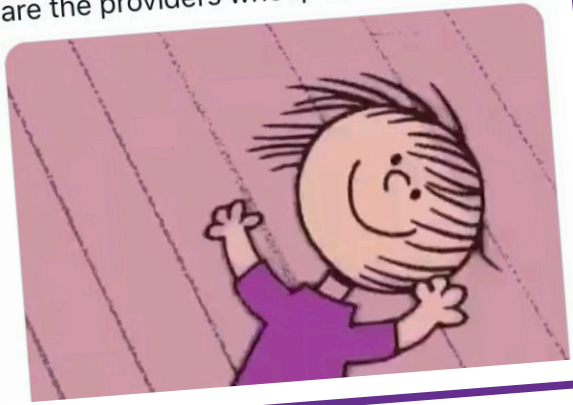
Hannah Silcock @Scru... · 09/07/2019 ✓

Great final session by @Boo_HQ today focusing on staff wellbeing and looking after ourselves. Here are our staff wellbeing boards in therapy outpatients focusing on positivity. Still lots to add but looking forward to seeing it grow @boltonnhsft #boltoninspiration @ppppopet



Anna Stokes @AnnaSto... · 08/11/2019 ✓

When you book yourself on some coaching training and realise @Boo_HQ are the providers whoop can't wait!



Sarah Geere @Sarah_G... · 30/08/2019 ✓
Replying to @Boo_HQ @Boo_Global and 2 others

Thank you, proud of me too. Amazing team, inspiring and affirming. Everyone needs abit of Boo. And flowers and chocolates!!!

#hellomynameis David... · 28/11/2019 ✓

Thank you @Boo_HQ for a nice start to the morning on the "Handling Our Inner Critic" programme! Was a really good session and hope to see and do more of these! Very invaluable in today's society!! and important we can talk about these things! @boltonnhsft



Alex Fury @MuirFury

Another fantastic (final!) day with @Boo_HQ yesterday! Thank you Becky, Helen, Shin and team. Excited for the future of my coaching journey.....

**COACHING IS
UNLOCKING A PERSON'S
POTENTIAL TO MAXIMIZE
THEIR GROWTH**

#TEAMBOO

WE WOULD LOVE TO HEAR FROM YOU!

KEEP UP TO DATE WITH OUR LATEST EVENTS AND TRAINING AT...



CALL US

01204 357980



FACEBOOK

@booconsulting



EMAIL US

hello@boo-consulting.com



TWITTER

@boo_hq



VISIT US

BOO HQ

Little Bolton Town Hall,
34 All Saints Street,
Bolton,
BL1 2ER



INSTAGRAM

@boo_hq

www.boo-consulting.com

#TEAMBOO