



The Value of **Vulnerability in Leadership.**

With Sarah Restall

Senior Consultant and Head of Strategic Wellbeing and Engagement, Wellbeing With Cari.

Slide 1

PP0

Change title, facilitator, and image

Polly Pomfrey, 2022-09-07T18:11:47.843

Who am I?



Slide 2

PP0 LAYOUT: CARI STANDARD CONTENT

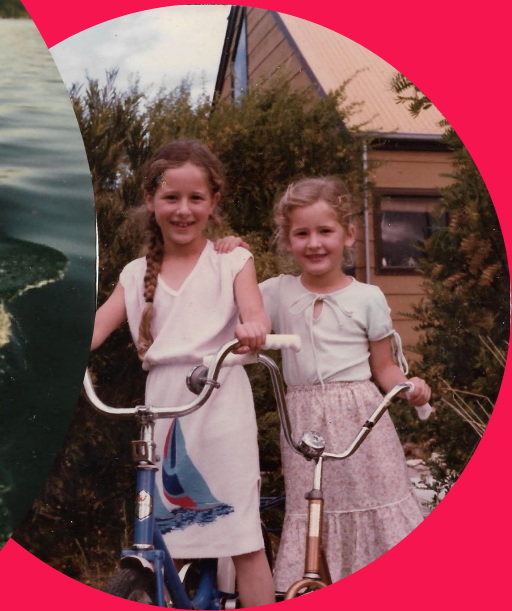
Polly Pomfrey, 2022-09-07T18:17:25.222

PP1 to change the image without losing the format (circular):
Right click on it
Choose change picture>from stock images
Select a new image

Polly Pomfrey, 2022-09-07T18:17:39.570

**A very happy
childhood!**





**Respected
for what I do.**





This is also me...



Managing my health.



What is 'STIGMA'?

What is 'STIGMA'?

- a mark of disgrace associated with a particular circumstance, quality, or person.

It's time to get interactive!



Slide 9

- PP0** LAYOUT: ACTIVITY SLIDE
Polly Pomfrey, 2022-09-07T18:12:46.364
- PP1** Change the objectives
Polly Pomfrey, 2022-09-07T18:12:58.690

Why is this relevant to the workplace?

Culture starts with Leaders.
Vulnerability takes courage.

Authentic and compassionate
and 'human' cultures require
vulnerability.





What next? What can we do?

Human Role Model.

Share experiences.

Encourage conversations and create safe spaces at work.

Be a visible ambassador.

Report on Well being - Board meeting agendas.

We are all on the Mental Health continuum.

Thank you.

Sarah Restall

sr@wellbeingwithcari.co.uk

Linked 



Slide 12

PP0

Change facilitator and contact details

Polly Pomfrey, 2022-09-08T10:47:14.668