



Strengthening connections and wellbeing at work

We offer photography workshops for staff wellbeing

Our aims are to use photography as a catalyst to help people to:

Engage with nature

Increase time being active

Practice being present

Make social connections

Learn new creative skills

Our aims are very closely aligned with the NHS's 5 ways to wellbeing



Our approach is to encourage connection across your workforce

Our photography sessions provide a fun, creative way for staff to reconnect with colleagues, whilst building useful skills for your organisation which include confidence and communication.

As a guide:

Online workshops 1.5 hours -

A presentation and group discussion provides inspiration for a task to complete and share during the session.

Up to 10 people. £390

In person workshops can run for up to 3 hours -

A presentation and group discussion with practical tasks designed to aid collaboration and communication between people and/or departments.

Up to 12 people. £780

Our creative projects are run by Vanessa Miles who has 30 years experience as a professional photographer and 12 years as a teacher of photography. The content of the sessions are adjusted to the seasons, weekly weather conditions and the needs of the group.

'Vanessa's approach enabled us to talk about many aspects of wellbeing including the benefits of being in nature, of paying attention to the present moment (through a view-finder) and connecting with others when we share and talk about the things we capture in photography. It was the perfectly understated way to explore a sensitive subject.'

Simon Crane-Wellbeing Lead. Met Office.



Clients we have supported to thrive through our programmes:



For more information or an informal chat on how we can support your team, please do get in touch.

Vanessa

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