I'm fortunate to work with amazing leaders all who share a common trait. They are exhausted, run down and working hard to manage an increasing workload whilst juggling their personal commitments (children, caring for ageing parents, personal health issues - both physical or mental health challenges).

This is leaving very little time to care for themselves coming at a huge cost to them and their teams.

As leaders they are genuinely worried about their team members and how stressed they are. They share that they encourage their team to work in a responsible and healthy way and they don't understand why their teams are not doing this. When I ask what hours they are working, these well meaning Leaders say they are the first in and last out of the office. And then the light bulb goes off, the culture of self care is set by what the Leader demonstrates permission for.

How are you prioritising your self care, so that you can grow, reach your potential and be healthy and vibrant enough to enjoy it whilst giving others permission to do the same?

Take some time to notice your habits around creating a healthy workplace and culture.

Pollyanna