



Weekly Wellness

Welcome to this weekly online resource. Executive coach and wellness professional Jo Foster, offers thought provoking insights on positive psychology, mindfulness and self care. As well as access to her weekly online yoga classes and nutritious recipe recommendations.

Food for thought

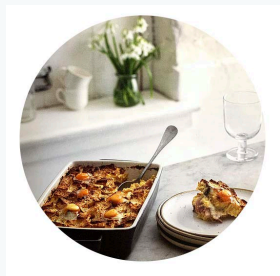
There is a Leadership Lion in all of us. You are a leader, regardless of whether your job title says so. Leadership plays out in all systems and groups, such as family, in the playground and classroom, within organisations (business, political, religious) and undoubtedly in society and our place in it as a whole.

This week we are beginning a series that will look at the psychology of leadership. It is a huge subject; Jo will shine a light on aspects of the psychology in order to fuel your own self enquiry.

[Read more.](#)



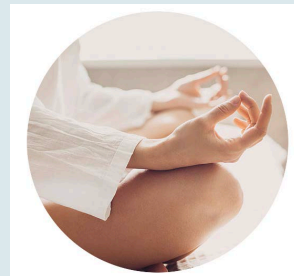
Food for you



Baked Croque-Madame
By Michel Roux Jr

[Nutrition facts and recipe here](#)

Friday's zoom classes



Join Jo for online yoga classes
Desk based yoga at 12:30 - 13:00
Guided relaxation at 13:00 - 13:15

[Join here](#)