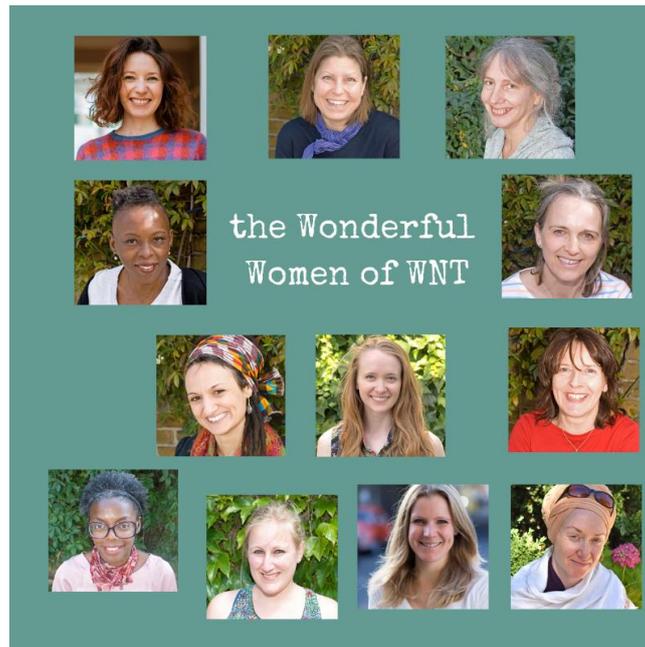


Working With Women is Wonderful! – March 2019



I hadn't intended for West Norwood Therapies to become a formidable team of women. Formidable yes, but not only women. We have had a couple of men in the mix over the years, but as we head towards our 5th birthday this October we are 12 (wonderful) women.

And as International Women's Day arrives I'm reflecting on what that means to me and find it is making me very grateful to have this gang around me.

Support

Support is a core value of WNT so any practitioner who flourishes in the team is a good example of support. Everyone has a sense that our emotional, physical and mental wellbeing matter and have an impact on how business goes. I attribute this to more of a female way of approaching life, but it must be boosted also by our vocations as therapists and teachers! Either way, supporting one another through challenging times helps us be stronger as a team.

Nourishment

Our monthly meetings are a precious time of coming together and we leave feeling nourished. It can be a time for sharing, for peer or business support, and sometimes just a time to connect with other women in a similar role who are all rather lovely, caring and funny ☺

Capability

These women are amazing! Everyone is pulled in different directions with varying commitments and pressures and everyone not only copes but flourishes. Our loyal band of clients, students and patients can testify to the level of professionalism and skill each practitioner brings to WNT and its an important core of what we offer – a high standard of client care.

Inspiration

We all bring something different to the table at WNT and this helps us practice with integrity and to be constantly evolving and learning in our professional environment. We inspire each other but we also let each other inspire us, an important distinction in strong team work.

Fun

Living in Scotland now it's hard to socialise with the team as much, but I still call in for team meetings and come down for meetings and social events a few times a year and it's always fun! There is a light heartedness that can be found in sincerity which I believe nurtures compassion and integrity – again these are integral to the values and goals of WNT.

All of this is especially important because the environment we create and nurture as a team sets the tone for our clinic and studio. We reflect on our values regularly and are conscious to practice with integrity in a very down to earth, human and warm way.

I love the team at WNT and I am proud to be part of this gang of Wonderful Women 😊