



Building healthier teams

Top Up Your Tank

Fuel hit record highs earlier this year. Nearly, or in some places, just over £2 a litre. Yet, for nearly all of us, we found a way to make it work.

We needed fuel. Or, we made a Plan B to ensure we still got from A to B regardless. Some of us picked up our bikes. Took a bus. Walked. We had no choice. We found a way.

What if the same was true for you. For your own fuel. Whatever it is that keeps you running, keeps you functioning at your best.

Where are you making way for that?

How are you ensuring your fuel levels don't slip into the red?