



Friday 22nd January saw the first episode of 'A Penny for your Thoughts', and what a session it turned out to be . The power of storytelling and learning through sharing was immersive, intense and so very inspirational.

Kerri Douglas shared her powerful journey and we all listened intently and admired her courage **#kindness**

Nickii Messer illuminated our understanding of the importance of wellbeing, whilst being resilient **#moodhoovers**

Winnie King took us on a moving and deeply personal trip which heightened emotion **#courage**

And **my** storytelling involved a young girl who from a tender age was taught all about the power of grit **#farawayland**

Thank you to all who attended. We appreciated your time, kindness, thoughtfulness and conversation **#elevated**

We are very excited for our next session on 26th February and look forward to seeing you there **#episodetwo**

A NEW SERIES
'A PENNY FOR YOUR THOUGHTS'
#EPISODE ONE

Resilience & Grit - story told