

## Wellbeing Services Social Impact Report 2021

### Weekly Wellbeing Meditations for Charities & Social Enterprises

“I have been lucky enough to attend a few of Natasha’s sessions – it’s hard to put into words exactly how much good they have done for me. I have felt stronger and more focussed, deeply relaxed and refreshed and somehow cared for. The sessions are easy to access, and although I would like longer, the mini re-treats have been easier to fit into a busy work day. I can’t recommend highly enough. I have tried to meditate before, but never really got there – I have been to another place during Natasha’s sessions and I want to explore and learn more. Thank you so much Natasha”, Elaine Macmanard, Operations Manager, Home-Start Horizons.

“Thank you so much for hosting the meditation session today! I am quite new to meditation but I enjoyed your session and how you talked us through it. It was very relaxing and has put me in a positive mindset for the rest of the day, Rosie Sparrow, Social Value UK

“Gives me light on a dark day”, Shazna Rasib, Staying Put

“Calming positive influence”, Stephen Macfarlane, Goodwill Solutions

“Thank you very much, Natasha. Without your support and expertise, it couldn’t be possible. I see a bright future for Somali Development Services with your support”, Maryan Anshur, CEO, Somali Development Services.



## Inner Wellness Project, the Sahil Project



Image: Natasha Jolob running a group wellbeing meditation

### Testimonials

“Your sessions are amazing. The light beams from you and I have watched the women change, grow and become more confident. You give us all the space and guidance to do inner work”, Herjinder, Sahil Project Volunteer.

“This course was different from anything I've done before”

“It was a good experience to meet new people and to know that there are others in the same situation”

“Learnt how to relax and move forward”

“Gained more understanding about my inner self and receiving coping mechanisms”

12 out of 15 of the participants that completed the survey reported that they were more happy with their lives as a result of the training. 3 participants experienced no change. 6 of the participants lives improved by more than 50%, and 2 participants experienced a 100% improvement in their lives.

12 out of 15 of the participants that attended the training reported that they were less, anxious, stressed or depressed as a result of the training. 3 participants experienced no change. 1 participant experienced 100% improvement. 6 of the participants experienced an improvement of more than 50%.

## Wellbeing session for Social Value UK Event



The poster features a dark grey background with white and teal text. At the top left is the 'SOCIAL VALUE UK' logo. At the top center, it says 'June 14th - 17th 2021'. At the top right, it says 'Sponsored by thrive social value'. The main title is 'Virtual Social Value UK Members Exchange 2021'. Below this, a white box contains the session details: 'Wellbeing Session: Inner work lunchtime meditation' and 'Tuesday 15th June 12:30 - 13:15pm BST'. Below the box, it says 'With NATASHA JOLOB, Director/Transformation Meditation Teacher, Kai-zen CIC'. On the left is an illustration of a person meditating, and on the right is a circular portrait of a woman.

SOCIAL VALUE UK

June 14th - 17th 2021

Sponsored by thrive social value

### Virtual Social Value UK Members Exchange 2021

Wellbeing Session: Inner work lunchtime meditation  
Tuesday 15th June 12:30 - 13:15pm BST

With  
**NATASHA JOLOB**  
Director/Transformation Meditation  
Teacher, Kai-zen CIC

“Thank you for running these sessions. They are a moment of grounded calm in all the noise and uncertainty”, Catherine Manning, Operations Manager, Social Value UK