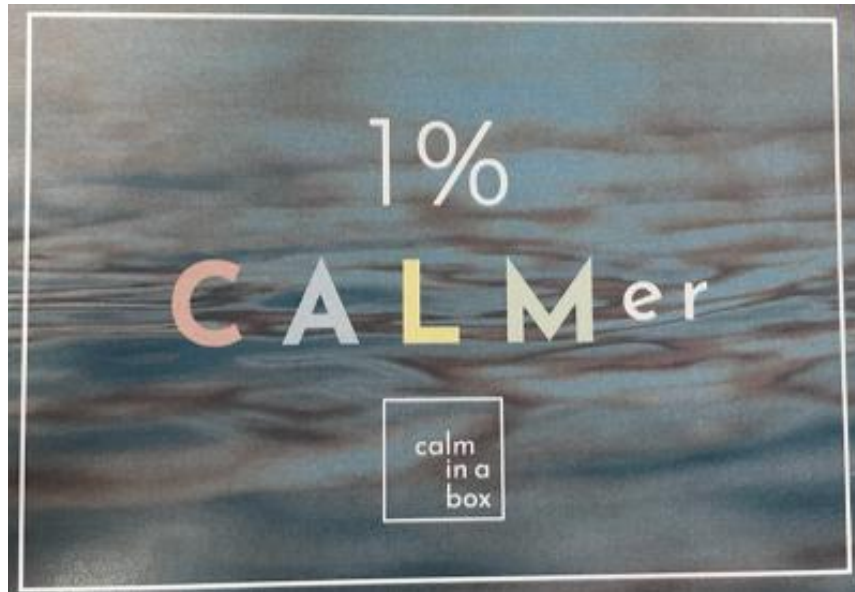


CALM in a Box Event 28th September 2022



This September members of the DDLS joined a workshop from Calm In A Box to take some time out to reflect on how to reset and rebalance their energy for work/life brilliance.

Hosted by Nelsons, the group spent 90 minutes with Sarah Markham, Founder of Calm In A Box, to explore the CALM philosophy to try and find 1% CALMer at work and at home. The CALM model sets out the four dimensions that are key for workplaces when it comes to creating cultures where people can really thrive.

Calm In A Box was founded in 2019 on a mission to disrupt workplace culture based on the core philosophy that to do well, you need to be well.

A culture change consultancy deploying their unique CALM model to guide leaders and teams in developing the culture, mindset and behaviour to thrive in a 21st century world of work, aligning with the business strategy to better meet the needs of customers and employees, both today and for the future.

With Derbyshire Constabulary as a founding client, Calm In A Box has gone on to work with a range of open minded and dynamic organisations, both large and small, in a range of sectors including Rolls Royce, NHS, University of Derby, Barclays Bank, Nuclear AMRC, Leukaemia UK, St Modwen and Simply Health.

This Autumn will see the launch of the CALM hub - a digital space for the latest ideas, inspiration and thought leadership on effective workplace culture, productivity and the link with health and wellbeing.

Home to the upcoming CALM experiments series, people will also get access to events and experiences which may be of interest in exploring for 1% CALMer at work and at home. If you and your team are interested in signing up as beta testers of phase one of CALM hub, please get in touch with Sarah - sarah@calminabox.co.uk

