

# QUOTES, QUIBBLE, QUESTION

FROM  
THE  
COACHING  
GUY

35<sup>TH</sup> EDITION

## WELCOME

This week is focused on **Nurturing Mental Wellbeing, a Leader's Imperative in the Workplace**

In the modern workplace, where targets loom large and deadlines loom larger, the pursuit of success often comes at a cost: mental well-being. As leaders, it's paramount to recognize that our responsibility extends beyond the achievement of goals; it encompasses the holistic health and happiness of our team members.

## QUOTES

"The greatest glory in living lies not in never falling, but in rising every time we fall." - [Nelson Mandela](#)

"You can't pour from an empty cup. Take care of yourself first." - [Unknown](#)

"Toxic emotions disrupt the workplace, and mindfulness increases your awareness of these destructive patterns, helping you recognize them before they negatively impact your behavior." - [Deepak Chopra](#)

"Happiness lies in the joy of achievement and the thrill of creative effort." - [Franklin D.](#)

## Q U I B B L E

Self-care emerges as a personal commitment and a leadership strategy in our journey to support mental well-being. It's akin to the principle of fitting your oxygen mask before assisting others on a turbulent flight. Without nurturing our mental health, we cannot effectively support those around us. Therefore, leaders must prioritize self-care practices such as mindfulness, regular breaks, setting boundaries, and seeking support when needed. By modeling these behaviors, leaders set a precedent that mental well-being is not just encouraged but integral to success.

However, the journey towards a mentally healthy workplace doesn't end with individual efforts. It requires a systemic shift in organisational culture, one that values mental health as much as productivity. This is where some may fail in their understanding. They might argue that prioritising mental wellbeing detracts from performance, viewing it as a luxury rather than a necessity. Yet, research and experience demonstrate the opposite, organizations that invest in mental health see higher employee engagement, productivity, and retention rates. It's not a trade-off, it's an investment in the longevity and effectiveness of the workforce.

To enable this shift, leaders must integrate mental health initiatives into the fabric of the organisation. This means removing the stigma around mental health, providing access to resources such as counselling services or mental health days, and fostering a supportive environment where individuals feel safe to express their struggles without fear of judgment.

# Q U E S T I O N

I leave you with a question to ponder.

**In what way can you as a leader actively promote mental well-being in the workplace consistently while balancing the demands of productivity and performance?**

Curious how I can help you? Then book a free consultation, link in my bio. Or if you like my content and want this sent straight to your inbox every Monday, subscribe to my newsletter.

# T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at [matt@thecoachingguy.co.uk](mailto:matt@thecoachingguy.co.uk)