



wellbeing in everything we do

State of Mind for Leaders

Brand new collaborative learning workshops, focusing on improving wellbeing in the workplace.

The State of Mind for Leaders sessions are designed to provide a supportive, collaborative space where managers and people responsible for workplace wellbeing can explore, reflect on, and enhance their practices for supporting team mental health.

Whether you work in the arts, corporate, commercial, or public sectors, these workshops will give you the tools and confidence to create lasting, positive changes to workplace wellbeing.

What is State of Mind?

Since 2018, we at **20 Stories High**, a Liverpool-based theatre company, have been funded by the **Paul Hamlyn Foundation** to explore how, as an arts organisation, we can place mental health and wellbeing at the heart of our work and what it means for:

- the young people we work with
- the professional artists and practitioners we co-create with
- the audiences that see our work
- the team that makes it all happen

We've developed frameworks to guide our work, helping us to integrate mental health awareness and wellbeing into our practices, policies, and partnerships. You can access them [here](#). We focus on creating an environment where everyone is respected, recognised, engaged, and valued, fostering a culture of care and support. This approach helps us understand and respond to mental health challenges, break stigma, and promote healthier, more inclusive creative spaces.

For more detail on our **State of Mind** journey click [here](#), and to watch our our State of Mind film highlighting key elements of the journey click [here](#)

Our **State of Mind** journey has profoundly changed our organisation and leadership, influencing all aspects of our work. We're always evolving and learning and now we are keen to share our discoveries and to share the transformative results of our experience with other organisations. 20 Stories High also received an OFFIES One Off Special Award for our 'Commitment to care for all' as part of the State of Mind project.



What to expect from this session:

We want to bring together leaders to share and build on this essential learning.

Co-lead by Catrina Hewitson (Chair of 20 Stories High board) and Leanne Jones (Co-CEO/Executive Director of 20 Stories High), State of Mind for Leaders is a deeply collaborative, experiential session, inspired by the State of Mind programme. We'll provide practical resources and personal reflection time, along with 1-to-1 support post sessions for long lasting change.

This is your chance to explore practical tools and build on current approaches to improve workplace wellbeing, including:

- Supporting teams to do their best work
- Setting healthy boundaries
- Building resilience
- Managing stress and capacity

Available Workshop dates:

Arts Sector

4th March 2025

Non Arts Sector

10th April 2025

All Sectors

13th May 2025

Time: 9.30am-4pm

Location: Old Cafe, The Mansion House, Calderstones Park, Liverpool, L18 3JB - situated in the beautiful surroundings of Calderstones Park

Cost per person: £75-£100 for charitable/third sector organisations.
£150 for all other organisations

What the workshop cost includes:

- Breakfast pastries, Lunch and refreshments
- Access to State of Mind resources to use beyond the workshop
- Optional individual follow up call to explore elements further

Limited to 12 participants per session, these workshops offer a collaborative, hands-on learning experience, with resources provided before, during, and after the session.

If you have any accessibility requirements, please let us know by sending them to leanne@20storieshigh.org.uk

To book your place:

Places are strictly limited to 12 participants.

To secure your place please contact amy@20storieshigh.org.uk



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About 20 Stories High

20 Stories High believe that “everybody’s got a story to tell... and their own way of telling it.” We create bold, excellent theatre experiences with culturally diverse, working-class communities, emerging artists, and world-class professionals to tell stories that bring joy, empower, and enable social change. Our experiences happen in a wide variety of spaces: from theatres, schools and youth clubs to digital spaces, living rooms and doorsteps. Our heart is in Liverpool, but our reach is universal.

Leanne Jones (Co-CEO/Executive Director of 20 Stories High)

Leanne has worked at 20 Stories High for 13 years and loves working closely with our youth theatre/young actors and community members. Outside of 20 Stories High, Leanne has a history in participatory arts, alternative education, family support, community theatre and is passionate about representation, access and equity within theatre and arts participation, and most professional and personal ventures are led by this. Leanne has produced/led 20 Stories High’s award winning programmes as shows, including State of Mind programme, Touchy & Anthology films and touring show, High Times and Dirty Monsters (co-pro with Graeae, Liverpool Everyman & Playhouse & LEEDS 2023)

Catrina Hewitson (Chair of 20 Stories High board)

Catrina was born in Liverpool and lived in London, Scotland and the North East before coming home to the best city on the world. She consults for lots of organisations helping them develop their strategies, organisations and teams. She loves music (and has a shrine to David Bowie in her house), visual arts, theatre, reading, yoga and walking for miles. She believes that creative expression makes people happier and life better and is always fascinated to hear other people’s stories.



For more info about 20SH and the State of Mind for Leaders workshop visit:

20storieshigh.org.uk