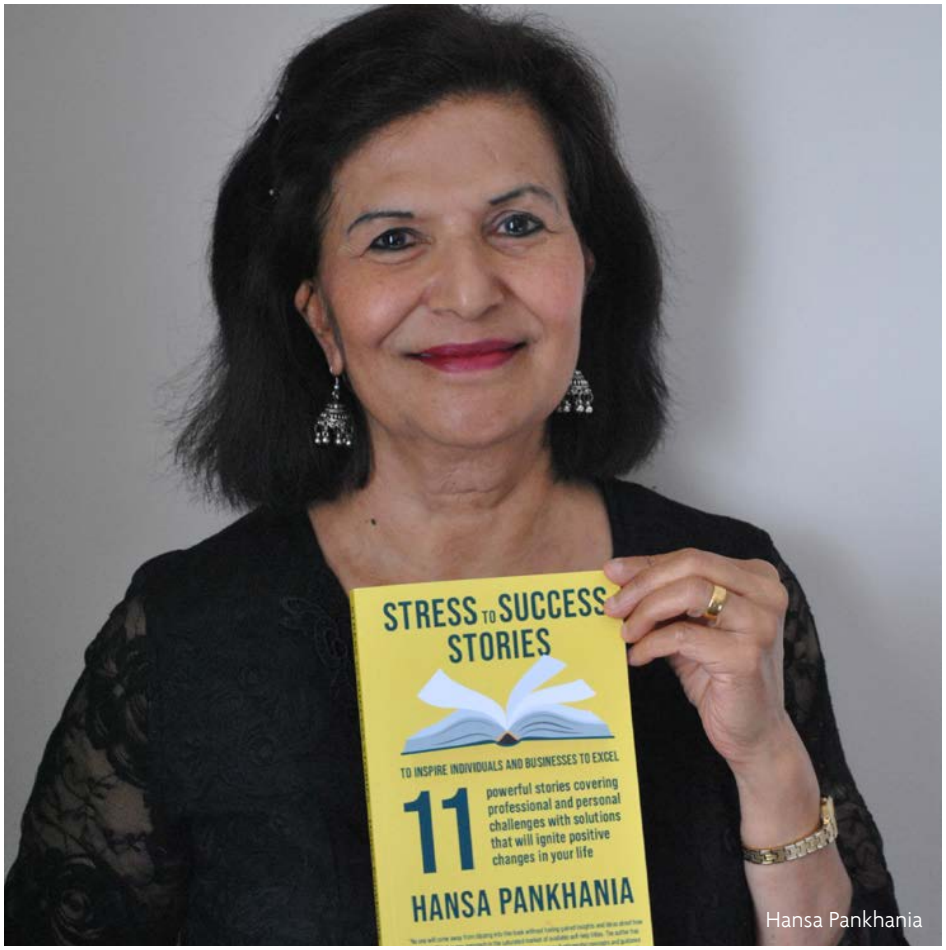
For my first piece in this edition of the Resident Newsletter, I met with Hansa Pankhania in the lovely new café Joen located at 170 High Road Byfleet where I spent a very enjoyable and interesting hour or so learning about her background, her work and her mission in life.



Hansa Pankhania

Hansas' organisation - AUM Wellbeing Consultancy has been a member of the West Byfleet Business Association for some time, she is a recognised corporate wellbeing expert, speaker and author with over 20 years' experience and founded AUM in 2005. She draws on her Eastern heritage; integrating Eastern and Western influences to deliver effective solutions to organisations of all sorts and sizes nationally through a team of associates and partners. She has published 7 books for adults and children. In her books, she passes simple natural techniques for boosting wellbeing that do not cost anything and can be easily integrated into a busy routine.

Hansa told me that she had been inspired to set up the consultancy through a burning desire to help make a difference to society by using her extensive skills in corporate wellbeing and mental health. She had experienced stress in her own life and has tried and tested the tips she passes on as these had a profound positive influence on her wellbeing and those of her clients, hence she has now made this her mission to share these with others.

Today they focus and specialise in creating and delivering leading edge programmes in stress management, corporate resilience training, mental health courses and mindfulness-based wellbeing packages offered through coaching, training and consultancy.

Hansa lives in Byfleet and has consulting rooms in the village. She explained that they were situated near Weybridge but had to close the premises due to the restrictions that Covid had placed on people meeting and being together. As with many other companies the Consultancy now conducts much of its business virtually or on customers' premises.

We discussed the damaging effects on people's general mental health, wellbeing and the anxiety being brought on in many cases by worrying events worldwide, the cost of living and the economy, Hansa pointed out that business performance is also suffering as employees feel the strain and are unable to perform to their normal level.

She went on to say:
"*I hate to see organisations where people are not fulfilling their purpose and potential due to stress and mental health issues. Many organisations are unaware of the actual costs to their business and of the dramatic savings that can be made by effectively managing stress at work at an early stage. The interventions we pass on not only reduce stress and increase productivity but also help to create a culture at work which fosters motivational behaviour, trust and loyalty*".

Finally, I asked Hansa for her Wellbeing Tip of the Month:

"Try therapeutic writing she said". "Writing connects to the right side of the brain which is associated with emotions. Just write out how you are feeling or write letters that you do not intend to send to people who have upset you. This way, you are literally spilling out your built-up emotions on to the page you are writing on from your stress pot".

I can personally vouch for this method as I have used it in the past to good effect, just remember not to WRITE the name or address on an envelope and post it!

Hansa ended by saying that she and her team can help in many ways. She sends out a wellbeing blog and simple effective tips every month which you can receive in your inbox by subscribing to AUM Wellbeing Consultancy website or do get in touch with Hansa if you or someone you know can benefit from their services and books. All her books are available through her website and on Amazon. Readers are asked to look out for her latest book published in July, CHILDRENS RELAXATION SERIES, which helps primary age children to build resilience using natural techniques.

If you would like to learn more about the AUM Wellbeing Consultancy, please use the contact details for Hansa below:

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