

SSE Renewables Finance Team

Green Health Outdoor Workshop on Kinnoull Hill

with Clare Stephen



FEEDBACK FROM PARTICIPANTS

“I found the session really excellent and insightful. I really loved that the focus was outdoors and wellbeing. I really loved it – will definitely recommend – thank you!”

“As someone who suffers from diagnosed mental health conditions, I appreciated you breaking down barriers on these subjects.”

“Fantastic session highlighting all the benefits of wellbeing and mental health and how important it all is. Fun games and great to be outdoors for a change.”

“Great facilities at The Woodland Shed and I found the session really enjoyable and insightful. Good mix of group tasks and individual elements. I would have loved more interaction with the natural surroundings.”

“I really enjoyed being able to connect with my colleagues in an outdoor setting. Allowed us to collaborate and discuss mindfulness and mental health as a team in an open environment.”

“Great to be out in nature and connecting with colleagues. Thought provoking activities and very insightful especially the dimensions of wellbeing.”

“Setting really good and chance to connect with colleagues out of office. Content at the right level. Good mix of information giving and team exercises.”

“Really good that session was outside and away from office setting. Very interactive session and inclusive. Would work well in larger groups too.”

“Thank you for a lovely morning! Really enjoyed being out in nature doing all the tasks and activities and the focus on wellbeing”