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Samuel Coe @samjcoe · Aug 29

Great piece from my colleague @LegallyZo at @KCH_GardenSq on #wellbeing at the Bar emphasising "wellbeing shouldn't be something which is unattainable." and the small steps that can be taken to improve things 🌟🌟

Read it in full here [@thebarcouncil](#)



Starting small: taking little Wellbeing steps - Wellbei...
Addressing "Wellbeing at the Bar" has become a widely known and talked about concept. Largely in ...
wellbeingatthebar.org.uk

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