



The Professional Pause

Real work in real time, with development built in.



About the day ...



Reflect

Step out of constant reactivity into intentional reflection on what's worked well, what hasn't and why. Research tells us that judgement and decision-making can be strengthened when people reflect and examine their real experiences with others.



Recharge

Step into meaningful connection. Recharge with inspirational ideas to sustain yourself. Lizzie Allan our natural chef and nutritionist will share pragmatic ideas for busy working lives, sharing healthy recipe tips and ideas.



Refocus

Step forward with perspective and clarity, refocus on your goals with practical commitment to tackle the work that matters.



Explore Coram

We are delighted to support this wonderful charity. The first and longest-serving children's charity in the UK.

Coram London

WELCOME



Choose a postcard that represents something about how **you are feeling today**.

Get into 3s and talk about that and **what you would like from the day**.

You will be asked to **introduce yourself** to the group and share **one thing** you **would like to get from today**



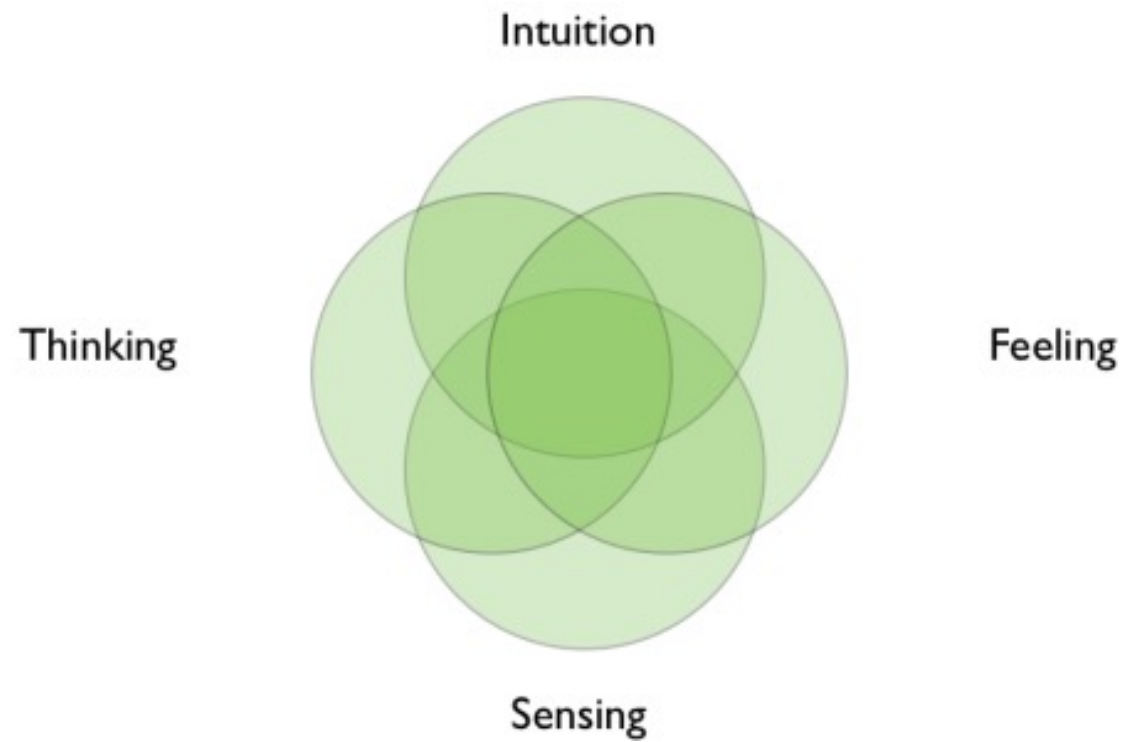
A VICTORY



4 WAYS OF KNOWING



Four Ways of Knowing





1

What has **surprised you** about yourself at work recently - and why does it matter?

2

What have you **handled recently** that an earlier you would have found much harder?

3

What are you **quietly proud of** that would be invisible in your outputs?

4

Which of your **strengths** has shown up recently in an unfamiliar form?

5

When have you felt most **energised, absorbed** or most **like yourself** at work recently? What was present?



Ten questions for reflecting on recent work experience

Questions to return to before, during and after the day - especially when you need to notice what is changing, understand what matters and decide what deserves your attention next.

6

When was someone **better able to contribute** because of something you said, did or made possible?

7

Which recent **decision** can you stand behind, even without knowing how it will turn out?

8

When did another **perspective** genuinely change your thinking?

9

Where have your **good intentions** and **actual impact** parted company recently?

10

What are you giving time or energy to out of **habit** rather than **conviction**?





REFLECTION





Lizzie is a passionate **natural chef** and qualified **Nutritional Therapist**, combining her culinary expertise with a strong interest in health, nutrition and wellbeing.

Her approach is rooted in a simple belief that **food matters**. What we put on our plates will influence how we feel day to day, from energy and vitality to our long-term wellbeing.

Lizzie believes in a **food-first philosophy**, using nourishing, whole foods alongside positive lifestyle choices to support the individual holistically.

Lizzie joins the **Glasshouse People** team for our Professional Pause events to bring accessible, practical nutrition advice to busy leaders so they can maximise their energy levels and perform at their best.

<https://www.linkedin.com/in/elizabeth-allan/>



BREAKFAST



GLASSHOUSE
— PEOPLE —



MACRONUTRIENTS EXPLAINED

Their roles in the human body



PROTEIN ESSENTIAL

- Builds and repairs tissues (muscle, skin, hair)
- Makes enzymes and hormones
- Transports and stores nutrients



FAT ESSENTIAL

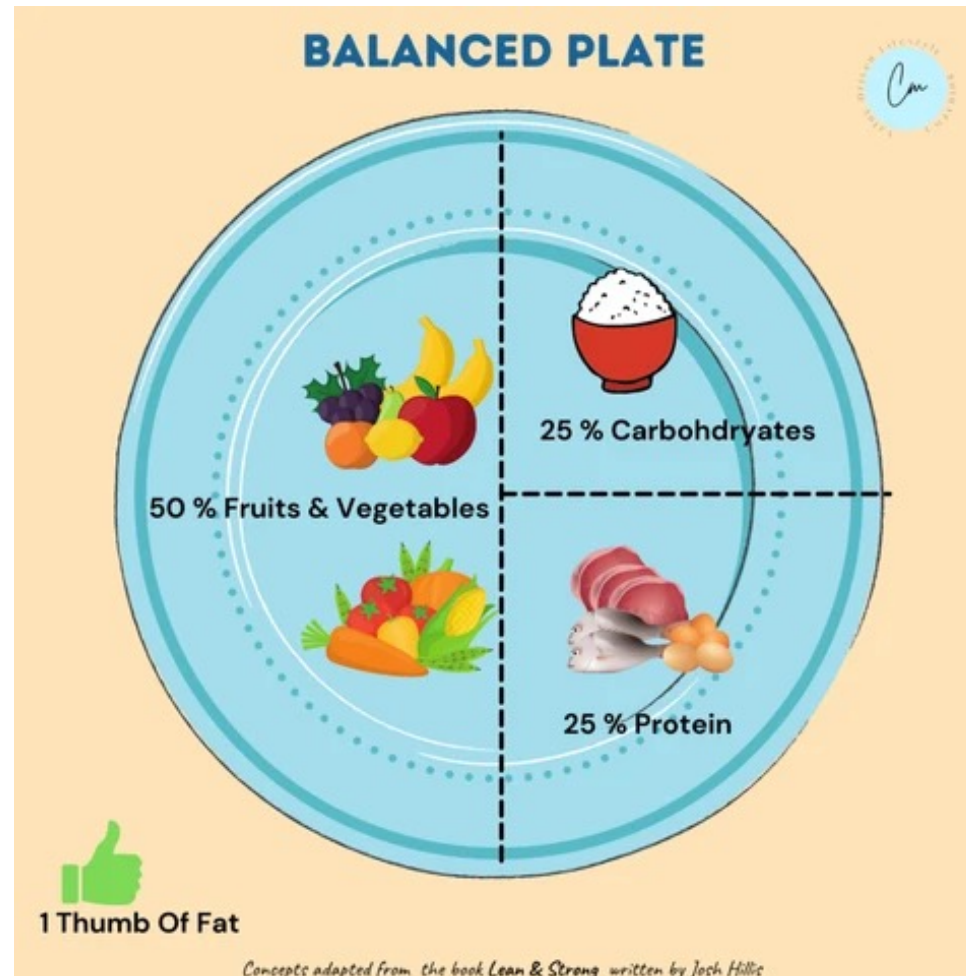
- Provides energy
 - Makes and balances hormones
 - Forms cell membranes, brain, and nervous system
- Helps transport fat-soluble vitamins



CARBS NON-ESSENTIAL

- Provides energy
- In the absence of carbohydrates in the diet, the body will use fat for energy

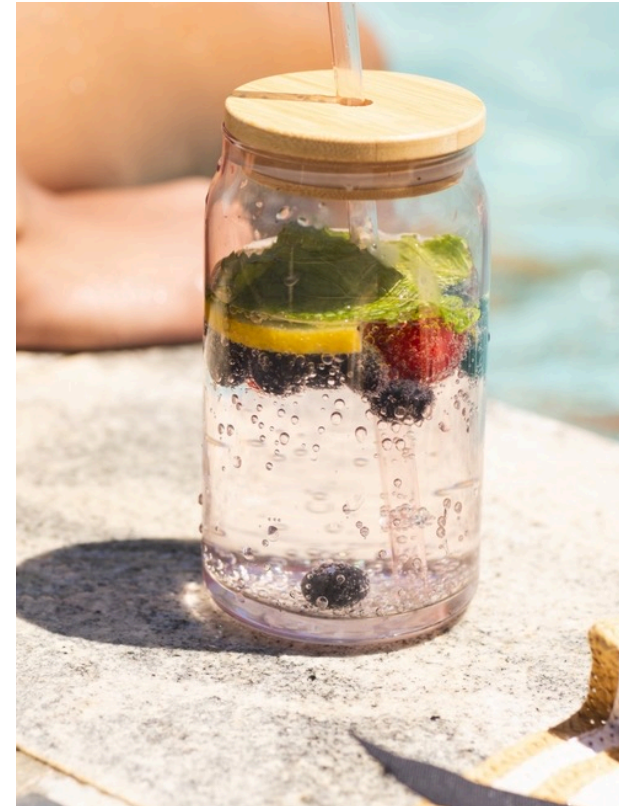
BALANCED PLATE

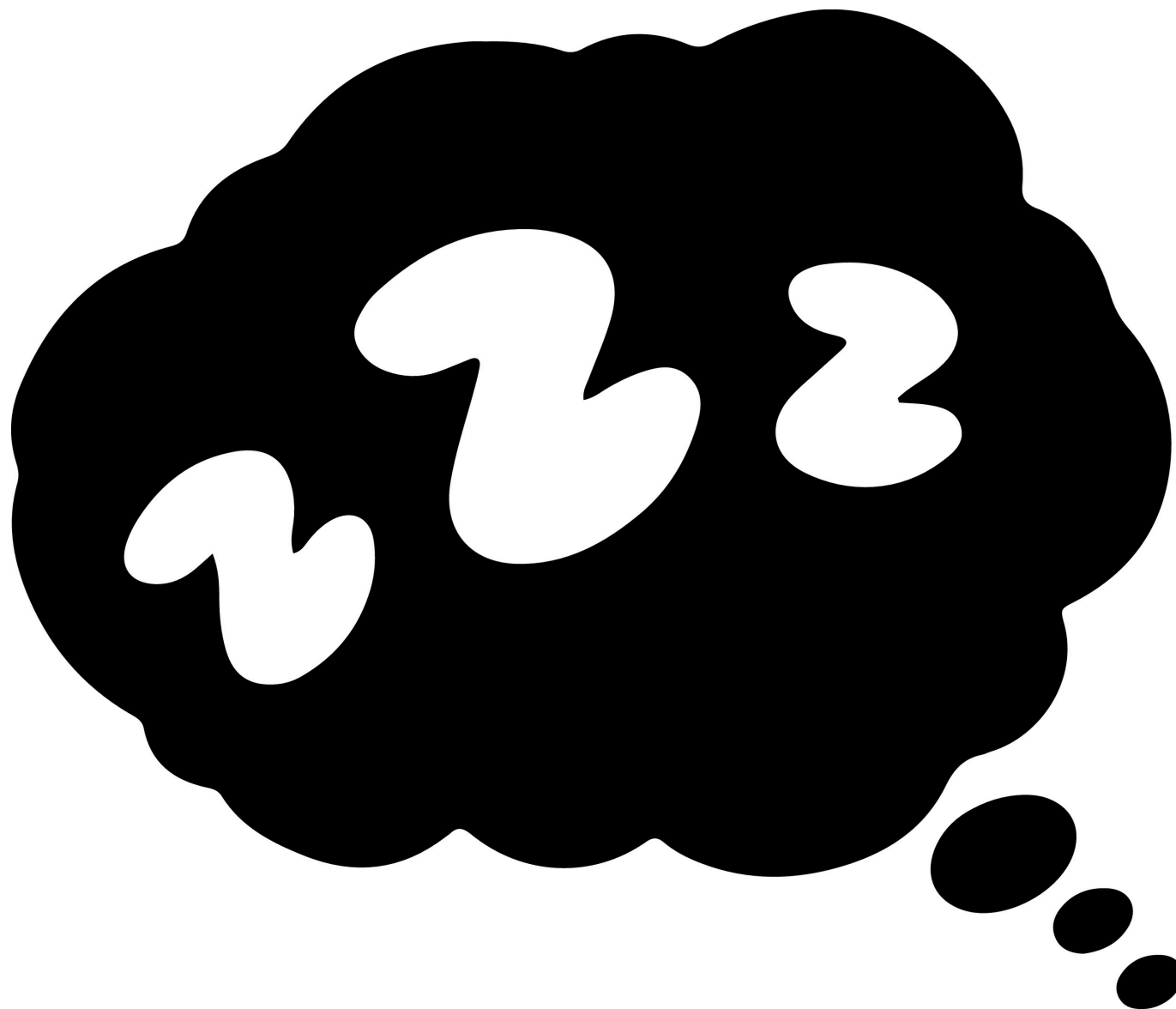






Stay
HYDRATED









Snack Grid



	COLD DRINK	SAVOURY SNACK	SWEET TREAT	BREAKFAST DRINKS
BEST	Dash Lime Sparking Water or Naturally Infused Water	Raw Unsalted Mixed Nuts	Zoe Gut Health Bar	Homemade Breakfast Smoothie
BETTER	Momo Organic Raspberry-Hibiscus Kombucha	Rude Health Lentil Triangles	Nakd. Protein Cocoa and Hazelnut Bar	Huel Black Protein Drink
OK	San Pelligrino Limonata	Itsu Crispy Seaweed Thins	Nature's Valley Dark Chocolate with Nuts	Arla Protein Strawberry & Raspberry Shake
NOT GREAT	Coca-Cola	Walkers Ready Salted Crisps	Picnic bar	Innocent Strawberries, Banana and Apples Smoothie

Quick Wins for Busy Days



1

Waitrose Essential

**Sardines in
Spring Water**

2

Linwoods

**Milled Organic
Flaxseed**

3

Good4U

**Super Seeds
Salad Topper**

4

Bold Bean Co.

**Queen
Chickpeas**

5

Merchant Gourmet

Puy Lentils

6

FAGE Total 2%

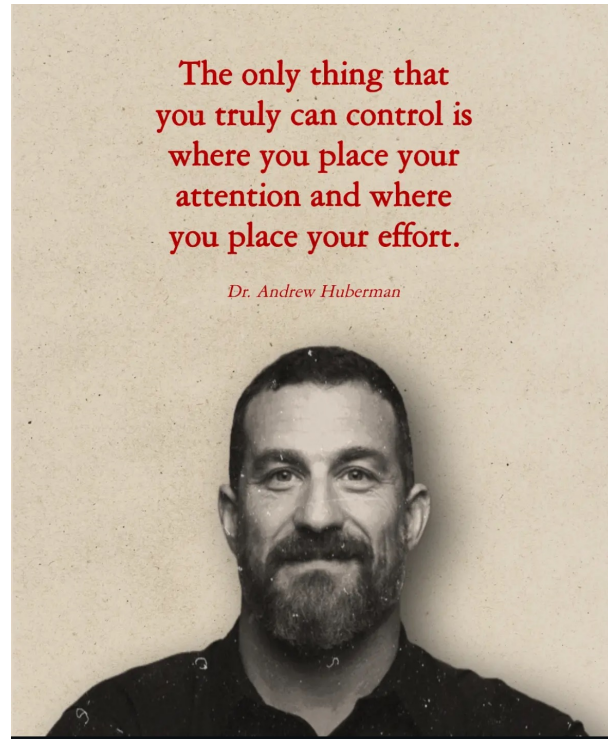
**Plain Greek
Yoghurt**

7

Longley Farm

**Fat Free
Natural
Cottage Cheese**

Choose one or two additions to strengthen a breakfast, lunch or snack.



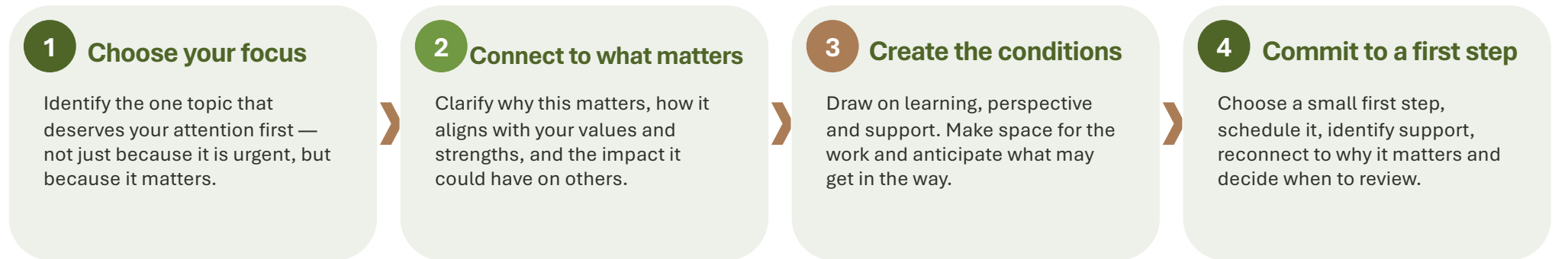
Attention & Effort



Refocus

Professional Pause | overall process

A simple flow to move from reflection into one meaningful, practical next step.



1410-1430hrs Self Reflection on 1-3

1430-1445hrs BREAK

1445-1510hrs Discuss 1-3 with a partner

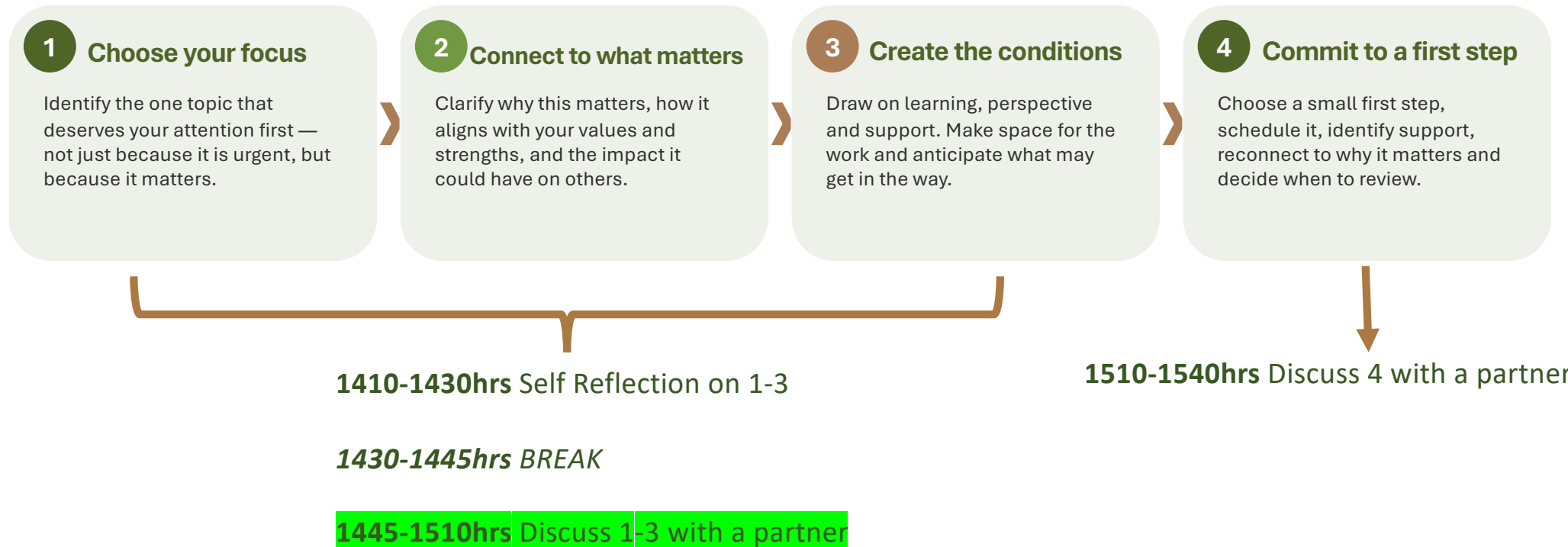
1510-1540hrs Discuss 4 with a partner



Refocus

Professional Pause | overall process

A simple flow to move from reflection into one meaningful, practical next step.





Commit to a first step

Actions

1510-1540hrs Discuss 4 with a partner

4

COMMIT TO A FIRST STEP

Turn your chosen focus into one small, clear and realistic next move.

WHAT

What is the smallest useful step you will take in the next few days?

WHEN

When will you do it? Allocate time for it — or cancel something else to make time.

WITH WHO

Who are your allies, supporters and accountability partners in this?

WHY

Remind yourself why this matters to you.

REVIEW

When will you check what happened and decide what comes next?

End point: one chosen focus, one first step, a time to act, and a time to review.





*What have you appreciated
about this group?*

