

THRIVE NOT JUST SURVIVE.

This week marks both Mental Health at Work Week and Learning at Work Week, which presents a perfect opportunity to consider just how much these two themes rely on each other.


**Solomons
Europe.**

Here at Solomons, we support the development of professional skills equally alongside personal well-being and resilience, because we firmly believe that achieving the right balance in life enables all of our people to “thrive, not just survive”.



A healthy balance is the key to sustained success and happiness, both in our careers and in our personal lives.

Here's a few words from our team about the support they have given and received at Solomons, and how taking control of their own personal and professional learning with confidence and encouragement, enables them to thrive and flourish in their roles.





In my role, I support several internal and external projects designed to support Life Long Learning for our people and client organisations.

Having a Learning Mindset as an organisation not only supports the development of high performing teams but also bolsters the resilience and wellbeing of our people, by providing direction, confidence and purpose.



Tyler Holmes.
Strategic Project Manager



Supporting Workplace Resilience and Wellbeing is incredibly important to me, both from a personal perspective, having watched those close to me suffer from mental health illness and from a professional point of view.

I see it as our duty as responsible employers to support our people. I really enjoy opening up conversations about mental health, we can all learn from each other.



Victoria Clements.
People & Performance Manager



The invaluable support and encouragement of my Inhouse APC Counsellor, Ian Hedley, made the transition from my MSc to APC pathway much more manageable.

Ian helped me to break down the overwhelming challenge into bite-size chunks. Reassuring me that I can, and will achieve chartership, in a manageable and measurable way, that supports my professional development and wellbeing.



Ryan Pringle.
Assistant Quantity Surveyor



At work, coaching and mentoring people feels like we're always on a learning journey together. Every interaction teaches us something new, allowing us to learn alongside those we guide.

Facilitating coaching conversations to help individuals develop their own solutions and to think creatively, is a privilege to be a part of and watching those individuals progress in their careers is a pleasure.



Dawn Powell.

People & Performance Lead





I am proud to say that I have completed my MSc in Quantity Surveying. The Solomons team has supported me throughout my degree offering study materials, advice and wellbeing support.

Inhouse Workplace Resilience and Wellbeing (Wraw) workshops have helped me to manage my mental and physical health whilst studying.

I am thankful for the support that Solomons has provided.



George Duxbury.
Assistant Quantity Surveyor

