

*Thrive*

ACHIEVING MORE TOGETHER

# Mental Breakdown to Breakthrough



@Thrive\_Law @IamJodieHill



# Jodie Hill

Managing Director and Solicitor

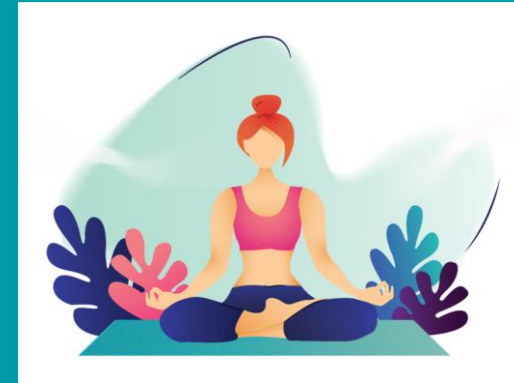
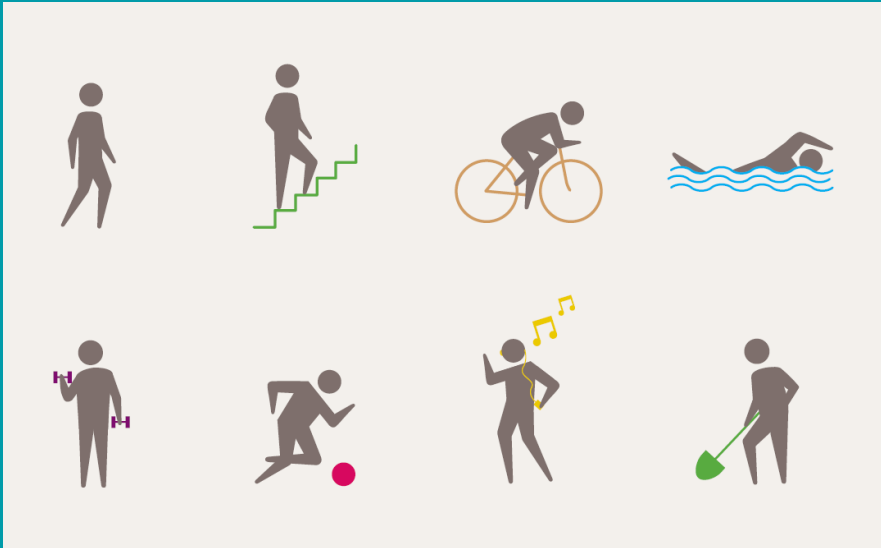


@Thrive\_Law @IamJodieHill

# My Journey



# Self-care



@Thrive\_Law @IamJodieHill

# Employers Best Practice

- ❖ Communication
- ❖ Risk Assessments
- ❖ Flexible working
- ❖ Reasonable Adjustments?



@Thrive\_Law @IamJodieHill

# How we can help

- ❖ Employment Law Assistance
  - ❖ Individuals or Companies
- ❖ Fixed Fee Outsourced HR Packages
- ❖ Step-by-step redundancy guide available to purchase
- ❖ Employment Law and Coronavirus Bulletins



@Thrive\_Law @IamJodieHill

# tTHRive club

Join Now!

# Thrive Wellbeing

**Poor mental health costs £34.9 billion a year.**

## ❖ Wellbeing Portal:

- ❖ Mental Health Champion Training
- ❖ Policies and Guidance
- ❖ Toolkits for Managers
- ❖ 1-2-1 solicitor support



@Thrive\_Law @IamJodieHill



# Any Questions?

Email me directly at  
**Jodie.Hill@thrivelaw.co.uk**

**Jodie Hill**  
@IamJodieHill



**Thrive Law**  
@Thrive\_Law



*Thrive*

ACHIEVING MORE TOGETHER