

JUST ONE THING

Submitted by: Heather Ramsey, heather@Sojournpartners.com

Company/Organization: Sojourn Partners

Type of Organization: For profit business

Number of Employees: small organization

Category: Community

Challenge or Opportunity: When Covid19 shut down businesses across the world we knew that coaching & support for leaders was needed more than ever. We saw business leaders and employees left to fend for themselves in a new remote world with kids now home, caring for elderly parents & revenues beyond challenged creating a pressure cooker of uncertainty, stress & overwhelm.

Approach or Solution: The Sojourn Team quickly pivoted & donated their time to developing & delivering relevant programming (Managing Remote, Resilience, Wellbeing, Mindfulness, Empathy, Transitioning, Communication & Reducing Stress) between Mid-March and July Sojourn team members delivered over 60 free sessions to over 1000 participants teaming with 9 organizations.

Impact: We can only hope that the connections we made with people helped them feel that there was hope, provided different perspectives, created a strong sense of caring & community among others who were struggling and grieving during this time and a renewed sense of their ability to pivot and overcome even when faced with the most difficult of challenges.