

EQ Out & About

May 2019



Sarah Warburton

Head of Culture

Springing into summer

It's been another busy six months for the team, and though it feels like we only just put the Christmas tree away, summer is just around the corner.

One of our proudest achievements was being named once again in the Sunday Times Best Small Companies to Work For. This year we came 8th, marking our third consecutive year in the top 10 (which no other company has managed by the way).

Last week was mental health awareness week, so we've had various activities on to promote mental wellbeing such as guided meditation sessions and a discussion around what more Equilibrium could do to help anybody struggling. The engagement was brilliant, and it's been especially great to hear that the team at EQ are very happy with our attitude to mental health and (even better) they would

feel comfortable speaking up if they were having problems.

I hope you enjoy this update on the team and what we've been up to over the last six months. As always if you have any feedback or comments, don't hesitate to get in touch with me at Sarah.Warburton@eqllp.co.uk

Equinox Live

Our second Equinox Live conference was a huge success, we welcomed guest speakers to the stage such as Judith Hann, the longest-serving host of the BBC programme Tomorrow's World, and Ed Gillespie, a 'Futurist' specialising in corporate sustainable development.



Spring seminar season

Our spring seminar season has been brilliant so far, but it's not over yet! In addition to our usual topics, we're hosting two more seminars at the Mere, one this week focusing on inheritance tax (Tuesday 21 May) and another on new regulation (known as MiFID II) and how it affects you (Thursday 26 June).



Reasons to celebrate

We've had plenty of occasions to celebrate over the last six months.

Paul Davis, Graphic Designer, got married in sunny Cyprus. We wish him and his new wife, Steph, a happy life together.

Cleo Howard, Client Manager, welcomed Eva Louise to the world on 8 January 2018. We wish her and her husband Andy all the best and as much as sleep as possible!

We came 8th in the Sunday Times Best Small Companies to Work For once again, marking our third consecutive year in the top ten.

We've also had exam passes left right and centre! We always encourage professional development and it's great to see the team constantly striving to be their best.



Paul (right) on the big day



Eva Louise Howard (right)



Fighting off January blues

January is notorious for getting people down, so the team had a chippy on blue Monday to keep them chipper! (Get it?)



Special guests

We've had quite a few speakers in over the last few months to keep the team happy, healthy and inspired. Nutritionist Rosie Tadman spoke to the team about nutrition and how to keep yourself healthy both mentally and physically.

Ged King from Skullfades Barber shop also visited to inspire the team to create positive change. Skullfades provides free haircuts to homeless people in Manchester, and Ged spoke about the positive impact this has had on many lives.



Rosie Tadman

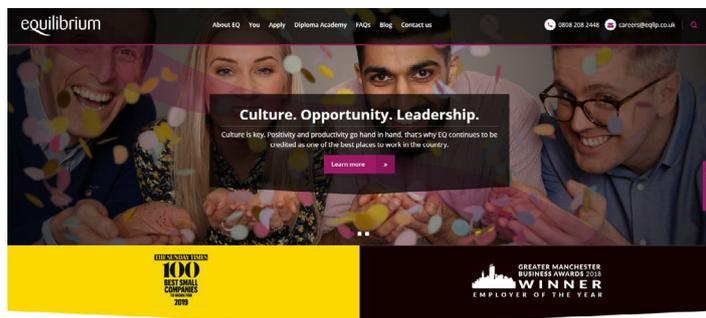


Ged King

Brand-new recruitment website!

In the interest of attracting the very best talent we can, we've created a new recruitment website to showcase what a brilliant place to work EQ is.

If you know of anyone who might be interested (or if you just want a bit of a nosey!) the address is <https://careers.eqlp.co.uk>.



National pizza day

As is EQ tradition, the team celebrated their favourite holiday once again – National pizza day!



Josh helped Rob to stack the boxes

Easter parade

The team were treated to an Easter egg from Easter bunny Toby Ellington and Easter chick Rob 'Super Rob' Douglas.



Toby (bunny) and Rob (chick)

Team well-being

We value the team's well-being, that's why we have regular mindfulness and massage therapy sessions for employees.

For mental health awareness week, we had plenty of activities such as a guided meditation and a 'donut and discussion' session.



David enjoying a massage