

A little space for the people who give so much.

An experiential wellbeing programme for people who spend their working lives supporting others.

When we understand ourselves,
we change the way we experience others.

Not because they changed. Because we did.

Why GROUNDED™ exists

People who support others can become very skilled at noticing what everyone else needs. Finding the same curiosity and care for ourselves is not always as easy.

GROUNDED™ offers space to pause, recognise the impact of caring roles and consider what we may need ourselves — without another list of things to do.

An Experience, not another set of instructions

- Experience before explanation: opportunities to notice and reflect before being told what something means.
- Choice and privacy: Growers may speak, write, draw, think quietly or leave something blank.
- Curiosity rather than judgement: patterns and responses are explored without blame.
- The wider picture matters: workplace conditions and organisational responsibilities are recognised.

Who is it for?

Foster carers, social workers, residential care teams, educators, health and social care professionals, charity teams and others in emotionally demanding helping roles.

The GROUNDED™ Experiences

Two ways to make space for the people who support others.

NOTICE

£750

3 hours facilitated

A gentle introduction to GROUNDED™, inviting Growers to pause, recognise the impact of helping others and consider what it means to include themselves.

Per organisational group • In-person delivery

EXPLORE

£1,350

6 hours facilitated

A fuller Experience, allowing more time for reflection, understanding and considering choices that fit real lives and working conditions.

Per organisational group • In-person delivery

Included with each Experience

Facilitation, experiential resources, a personal Grower Workbook for each attendee, and an optional anonymous evaluation opportunity.

Suggested pilot group size: 8–12 Growers, subject to suitability. Breaks and lunch are additional to facilitated time. Virtual Experiences are in development and not yet bookable.

The person behind GROUNDED™

Amanda Scott is a Play Therapist, Somatic Trauma Therapist and energy worker. Her background also includes Internal Family Systems (IFS) practice and a degree in Community Education. She has extensive experience supporting children, adults, foster carers and professionals working with vulnerable people.

GROUNDED™ grew from professional experience, therapeutic learning and personal reflection on what happens when so much of our attention is directed towards caring for others.

The intention is simple: to offer an accessible, meaningful Experience where people can begin to understand themselves with greater curiosity and less judgement.

Bring GROUNDED™ to your organisation

Enquire about group suitability, introductory pilot opportunities and practical arrangements. Travel, accommodation and VAT (if applicable) will be confirmed in a written quotation.

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grounded-heart-space.lovable.app

GROUNDED™ is a psychoeducational wellbeing Experience, not therapy, diagnosis or an assessment of staff performance. Personal disclosure is never required. It complements, rather than replaces, organisational duties to provide safe working conditions and appropriate support.

You were always part of the picture.

Include yourself.