



**Jo Cottell**

**Current Job Role: General Manager - Guernsey Mind**

**Brief descriptive snapshot of this role?**

I work closely with our Executive Director to run Guernsey Mind - an independent local charity with a vision of a society that has a positive attitude towards mental wellbeing and where the community embraces respect for all. Our goal is to promote positive mental health for the community by campaigning locally to improve services, raise awareness and encourage understanding. I have specific responsibility for our Workplace Wellbeing service and work closely with businesses to provide support, advice and training to manage the mental health of employees at work. We can provide guidance and help to develop simple, strategic and practical tools which focus on adopting a mentally supportive workplace culture and enable businesses to manage mental health at work proactively. I deliver training to managers and staff and also train Mental Health First Aiders.

**What has been your journey into this role?**

I've worked in 'people' roles throughout my career. I joined Guernsey Mind in 2015 after a career in HR. I've also been a listening volunteer and trainer with Guernsey Samaritans for many years.

**Key skills & qualities for this role?**

A genuine interest in people, great communication skills, in particular listening skills, being organised and creative. Having a good sense of humour helps too.

**How does this role interact across the SOG and other external agencies?**

As a charity we work closely with the States of Guernsey, and also with other charities and the business community.

**Why is this work important to you?**

Mental Health affects us all, and I feel privileged to be able to help people when they need support. If we continue to raise awareness about mental health in the community, break down stigma and support people who need it, it will lead to a more positive and inclusive society.

If you would like to find out more about getting into a career in Mental Health, contact a Careers Adviser at [careersguernsey@gov.gg](mailto:careersguernsey@gov.gg)