



INTERNATIONAL WOMEN'S DAY

Name: Stephanie Jayne Anderson

Job title: Executive Support & Staff Wellbeing Coordinator

Can you tell us a little about your role?

There are two parts to my role and both complement and support the other. The first part is that I support and coordinate all the activities in the Office of the Chief Exec and provide support to the Leader and Executive Team. The second part is that I coordinate the council's approach to wellbeing & inclusion, along with helping to facilitate activities and the creation of communications and campaigns for wellbeing & inclusion.



What are the key moments in your career journey so far?

In 2012 I moved back to Cumbria and joined UCSU initially for a year covering sabbatical leave, but I stayed for 6 and a half years.

From student support, student groups and societies, governance, HR, wellbeing, volunteering, representation, student elections, community work and more! It was all wrapped up in this small charity who couldn't afford to pay us much, but rewarded us and recognised us with experiences, learning, opportunities, leadership development and meeting the most amazing people!

It was here my Chief Exec Daryl Ormerod got me onto leadership training, gave me my first opportunity as a manager, had me leading on things like Investors in People award, strategy, values frameworks and leading training & development opportunities too. It was also here that I recognised and was eventually diagnosed with anxiety. I was never always different in a bad way, but in my way! It made me good at much of what I did, which was organising things and doing what I could for others who felt the same way or who had other mental health conditions. It was here I was educated on leadership. It isn't a role, it's a way of life regardless of your title or position in an organisation.

We continuously educated ourselves so we could be better student support members, better allies and better humans! That's when I realised that as much as we need specialists, we need the coordinators, the facilitators and the connectors too. Throughout all my time mentioned above, all the roles, I did every course I could. Diplomas, NVQs, workshops, books, you name it! Anything I could learn to help someone. That continues now too!

During my time at UCSU was also when I found yoga and discovered the power of gratitude which again all helped me realise I could work in line with my values and accept anxiety of being a part of who I am. Which is how I ended up here at Lancaster City Council. I LOVE being able to do what I love every day. Although very different to UCSU, I aim to connect colleagues with themselves and others so that they feel their cup is full to be able to support the community. I enjoy working colleagues helping to encourage us as a collective to be doing better and being better too. To be more inclusive and more supportive. I had no idea how my role would grow, and some days I am all anxious and tough on myself, but I do feel I am where I need to be.

Are there any particular lessons or advice that you would like to share?

Live in line with your values! Please! Be unapologetically, authentically you. You will be happier, and the world needs all of you!

You may see just a name, a person, a role title, even an age, but we are so much more. Some of us do what we can so that others don't need to feel as we have in the past and we can help others to choose to stay alive and to live happier, healthier lives too.