

What would be useful to me would be a reminder to look in and look out, or even listen inwards and listen outwards.

~~spreading butter over too much bread~~
~~stretched beyond capacity~~
~~saying yes to everything~~
~~spinning lots of plates~~
~~breakneck speed~~

pause

I was Listener-in-Residence for A New Direction's Space for Change programme in 2022/2023. What I heard most during the listening experience was care and commitment in conflict with exhaustion and fatigue. What you see on the front of the card are expressions describing the unrelenting demands of the machine we call work. What you see on the back is an invitation to take a breath, a permission to stare into the middle distance every so often — a reminder to move at a more human pace on a daily basis.

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**A NEW
DIRECTION**
We create **opportunity**