



# The Mental Health and Wellbeing Awards 2024



## Nominate a Professional Entry Form

Steph Morgan

Their role: Actor Training Coach/mBit Master Coach/NLP Practitioner/HeartMath Coach

The organisation they work for: Both Feet Actor Training

Provide a short summary (max 150 words) of the individual and their contribution for use if your nomination is shortlisted.

Steph is an Actor Training Coach like no other. She has used her enormous heart to radically change the industry she works in, implementing pioneering techniques to help as many actors as she can to feel happy, balanced and safe in their work, and to take care of their mental health before anything else. From getting up at 6am to take people on walks and wild swims, to providing a safe space for people to work through their trauma and let go of unhealthy defence mechanisms they have learned. It all comes from her, her own time, her own energy, her own money, her own drive to do her part to make people's lives better. She really is one of the best humans and deserves all the recognition for her outstanding work.

Introduce them and their role in the space below.

Steph started Both Feet as an Actor Training company 6 years ago, specialising in the Meisner Technique, but recently, especially over the past 2 years whilst developing Both Feet and their sister company Bodlondeb Studio and Retreat, Steph has transformed the way in which she works and is pioneering new techniques in Acting training.

Steph is a Neuro-Linguistic Practitioner (NLP), mBit Master Coach (Multiple Brain Integration Techniques) and a HeartMath Coach, and she uses all this training and integrates her wide range of knowledge and tools to fuel her passion for helping people to become happy and healthy.

Steph runs both 'Acting' and 'Non-Acting' Retreats in North Wales and she has created the most beautiful space for people to come and be unapologetically themselves. Their tagline is "*Arrive Open, Leave Changed*" and that is exactly what happens. Nobody else is providing a space like this and as someone who has been on both her acting and non-acting retreats, I can safely say they are often the only place I feel completely at ease and held. The tools people learn while they are there are so simple and effective, and I know for a fact people take those tools home with them and learn how to put their wellbeing and self-care first. Steph is always asking "how can I do more" and it's not lip service, she's always looking for ways she can reach more people, help more people regardless of the sacrifices she makes every single day.

This year alone she has...

- Started doing nomination programmes to allow people to nominate people who deserve a mental health break for retreats where she thinks it would really help people.
- She's created a connection and discount programme for NHS and mental health staff.
- She's doing more outreach to people within the disabled community and researching how she can make her work more accessible.
- She runs a scholarship programme for those who may not be able to afford to access mental health services.
- She's looking into new activities to take people on during retreats to enrich and reach different people as she knows one way doesn't work for everyone and in order to help more people, she wants to find more ways in which people would connect with.

Describe in the space below the mental health or wellbeing story.

Steph is very open when it comes to talking about her own trauma and negative experiences across her life, and I know it is these experiences that fuel her mission to help people feel calm and at ease with themselves. She has talked a lot about a time in her life when things were particularly dark, and she says the thing that saved her was standing on her front doorstep every morning and just taking one breath. That's something she talks a lot about in her coaching; "If you do anything today,

just take one breath". She teaches a lot of breathwork practices which really allow people to come home to their body and come into the moment.

Acting is notoriously a "tough", "hard" industry, which has left many creatives with extremely poor or deteriorating mental health, low self-esteem, poor body-image and severe anxiety and/or depression. This was certainly the case for me when I left Drama College. I had turned in to a shell of myself after years of putting so much pressure on myself and never feeling good enough. I started taking classes and going on retreats with Both Feet and the training was like nothing I had ever experienced before. All of a sudden, I was in this safe space where I could learn to be kind and gentle to myself. I was going out in nature on walks and cold swims first thing before heading into the studio so we could learn to be grounded and present. I healed more during my work with Steph than I did after months of therapy, and I still use tools that she has taught me to this day to help feel balanced and regulate my nervous system. I think the fact that people go back to her time and time again is a testament to how people feel in her presence and what they get out of working with her.

I initially started training with Steph to refine my acting technique, which has most definitely happened, and I will continue to access this excellent service, but I had no idea the extent of what I was going to discover by doing so. I have been back for 'non-acting' retreats when I have felt like I needed a reset and a space to breathe if things have started feeling overwhelming, and I am so incredibly grateful to Steph for providing that space.

Steph is consistently showing resilience in order to enrich the lives of others. She invites groups of people into the space at different points of their mental health journeys and has to hold the space with strength for all of them to ensure regardless of what they're experiencing personally that they feel safe and supported whilst ensuring the rest of the group isn't negatively impacted and simultaneously feels safe and supported. It's an incredibly tough job and yet she consistently looks for ways to do more and do it better.

She lives by example, ensuring to acknowledge her feelings, flaws and humanity. When she is feeling tired or emotionally drained, she tells the people around her what she's feeling and the tools she is implementing to help her. It takes a lot of strength to show this vulnerability, but it is vital to the people around her to help them feel accepted and not patronised because they can see Steph as a human being who has the same struggles that they do.

Describe in the space below the impact they have had.

The actors Steph has coached have gone on to have hugely successful careers in TV, film and theatre and would all vouch for her personal dedication and excellence in the field, both as a coach and a human.

I think the fact that people return to her courses and retreats time and time again is a testament to the impact she has on people. Once you've been once, you are welcomed into this beautiful community that feels like a family you can always return to, no matter how long it has been or how bad or dark things have got. I have made friends for life being part of the community Steph has built and if people haven't seen you for a while, they will message to check up on you. It is continued support that you don't get anywhere else.

I will continue to return to work on myself and reminding myself I am capable and deserve to be balanced, calm, happy and in control of my own life. When things start running away with me, Steph is the first person I think of, and I know being there will stop things from spiralling.

Steph works tirelessly to help people, sometimes too hard, to go out of her way to look after other people. I couldn't think of a person more deserving for this award.

What do other people say about this person?

"Steph has an unmatched insight into human nature and has guided me so beautifully over the past 4 days in to being a more present and grounded version of myself".

"She (Steph) taught us how to be open enough to let the feelings come safely and how to come back from them".

"My 3rd retreat with Steph and I would book myself on to another one right now if I could. The level of commitment and love Steph brings is second to none".

"Steph creates the safest, most positive space".

"What a stunning experience. Nurturing and inspiring".

"Forever changed".

"I'm looking at the world with more clarity, compassion and gratitude".

"Feeling fully supported and not judged".

"I've learned to take time for myself, check up on me, to realise when I'm closing down and to let go and release".

"I feel more grounded in myself than I ever have".

"I don't know a single human that has worked with Steph and hasn't fallen truly, madly, deeply in love with her and her wonderful soul".

"It provided me with time to decompress, reflect and practice skills to reduce stress and help with self-confidence".

"Both feet acting retreats are pure magic".

"Changed who I am and how I see the world".

"Breathing, connecting with each other, connecting with nature".

"I've learned to be open to fail, open to grow, and to let people in".

"This has been the most incredible journey of my life".

"I've learned so much about myself, what I can achieve and how strong and capable I am".

"I will carry this with me forever".

"I'm leaving knowing I have a lot more control in my life than I have given myself".

"If it wasn't for the scholarship scheme, I wouldn't have been able to attend".

"Steph is a beautiful and trustworthy tutor".

"This lady is one of the most hardworking, badass people out there".

"She's changed my life".

Please return the entry to [awards@rootofit.com](mailto:awards@rootofit.com) before 30th May 2024.