

# Tonic

## magazine

Looking after you and your organisation



### How human is your writing?

Readers have an easier time with friendly and considerate writing, and writing in a human-centred way is an excellent way to create connection. We asked a professional writer for some short, simple and human writing tips.

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### Positive leadership during change

Positive leadership is crucial in times of change and has been shown to have a proven effect on morale, job satisfaction and confidence. Dr Amanda Wallis from Umbrella shares their positive leadership framework.

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### Procrastination: Why do we do it?

Most of us have procrastinated at some point. Why do we do it? What can we do when it gets in the way of achieving our goals? Self-care expert Allison Fisher looks at the common impulse to put things off.

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*"In every person there is a sun.  
Just let them shine."*

*– Socrates*

