

Alison Charles

SI East London

Alison Charles is nominated for her work in upholding the values of Soroptimism and her work for mental health and well-being.

Alison served for seven years in total as President of Soroptimist East London and as Regional President of Soroptimist London Anglia Region. Out of her many contributions during this period, she restructured the way the London Anglia Region works in order to keep it alive during a challenging time.



Alison has a strong commitment to good mental health and the well-being of others. She is managing director of a company specialising in well-being in the workplace and helps companies develop well-being strategies that put employees at the centre. Her work helps companies put well-being, stress management and good mental health at the top of their agenda using her 30 years' career experience gained with a variety of military, government and large corporate organisations.

Beyond this, Alison is a keen advocate of volunteering and puts her knowledge to good use to volunteer for two mental health organisations in east London: Dragon Café in the City of London and the Mental Fight Club. In 2017 the Mental Fight Club were looking for a way to bring their unique model of mental well-being support into the City of London. Alison has volunteered her time since the beginning, running stress management sessions at Shoe Lane Library as well as a specialist session held at Reuters, Canary Wharf, to support Emergency Service Workers. Beyond this, Alison has also run well-being sessions during HERA's summer school.

Passionate about mentoring and supporting women, Alison has acted as a volunteer mentor for HERA and for east London's Luminary Bakery. HERA mentors support women in their professional development, whether they are setting up a venture or looking to develop their career with the aim of preventing and protecting women from being trafficked or re-trafficked. The Luminary Bakery offers training to women experiencing poverty, homelessness, violence or criminal activity; Luminary mentors provide extra support to the women to help them break through to a brighter future and thrive.

Alison is known to Soroptimist East London members for her kindness and generosity of spirit. She is an excellent and inspiring speaker.