

Elizabeth Podd, deputy director of commissioning at Mid Essex Hospitals, speaks about how she draws on her faith in the workplace.

She explains how the multi-faith centre at the hospital is a place for her to seek refuge when funding decisions take an emotional toll. Elizabeth takes time in this peaceful environment to think about her work and how the NHS Trust can provide the best care for the people of Mid Essex.

You can find out more about Mid Essex Hospitals by [visiting their website](#).

Source URL: <https://www.churchofengland.org/our-faith/faith-action/faith-action-videos/drawing-faith-workplace>