

Employee Health and Wellbeing

Online Q&A sessions

October 2020

Anxiety Q&A

Tuesday 20th October

9.30am - 10.30am

This workshop involves a short presentation with information on anxiety and anxiety resources, followed by time for Q & A, and discussions around anxiety.

[Book here](#)

Stress Risk Assessment for Staff Q & A

Friday 30th October

1.30pm - 2.30pm

This workshop will include information and resources for stress, and will introduce/explain the Stress Risk Assessment form. Following this short presentation there will be time for Q & A and discussion on this topic.

[Book here](#)



**EMPLOYEE HEALTH &
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Employee Wellbeing



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Employee Health and Wellbeing Online Q&A sessions November 2020

Sleep Q&A

Friday 13th November

9.30am - 10.30am

This will include a short presentation on sleep and sleep resources for how to get a better night's sleep, followed by an opportunity for Q & A and discussion.

[Book here](#)

Stress Risk Assessment for Managers Workshop

Tuesday 24th November

1.30pm - 3.30pm

This workshop is for managers who want to know more about stress in the workplace, stress resources, and will introduce and explain the Stress Risk Assessment form that can be used with staff.

[Book here](#)



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December 2020

Stress Risk Assessment for Managers Workshop

Tuesday 1st December

9.30am - 11.30am

This workshop is for managers who want to know more about stress in the workplace, stress resources, and will introduce and explain the Stress Risk Assessment form that can be used with staff.

[Book here](#)

Introduction to Compassion and Self-Care Workshop

Tuesday 15th December

1.30pm - 3.30pm

This workshop will provide information on the importance of self-compassion and self-care and provide resources to help with this.

[Book here](#)

Mindfulness Q & A

Tuesday 22nd December

1.30pm - 3.30pm

This will include a short presentation on mindfulness and mindfulness practices/resources, followed by time for Q & A and discussion.

[Book here](#)



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