<table>
<thead>
<tr>
<th>August 2020</th>
<th>SEPTEMBER 2020</th>
<th>OCTOBER 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Getting to know your Employee Assistance Service.</strong></td>
<td><strong>The new normal: Navigating the unknown.</strong></td>
<td><strong>“I think, therefore I am.”</strong></td>
</tr>
<tr>
<td><strong>Date:</strong> Running every day week commencing 17th August</td>
<td><strong>Date:</strong> 9th September</td>
<td><strong>Date:</strong> 7th October [World Mental Health Day this week]</td>
</tr>
<tr>
<td><strong>Description:</strong> An introduction to the service and online platform.</td>
<td><strong>Description:</strong> COVID-19 has changed the world as we know it. Feelings of stress, isolation, anxiety, uncertainty, fear, and overwhelm are widespread. This webinar aims to explore how the school community can navigate uncertainty during this time of transition.</td>
<td><strong>Description:</strong> This webinar will focus on what influences our thoughts, and how our thoughts can influence our feelings and actions.</td>
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<tr>
<td><strong>Strategies for supporting the school community (Offline and Online).</strong></td>
<td><strong>Small steps to self-care.</strong></td>
<td><strong>Let’s talk about hygiene... sleep hygiene.</strong></td>
</tr>
<tr>
<td><strong>Date:</strong> 26th August</td>
<td><strong>Date:</strong> 23rd September</td>
<td><strong>Date:</strong> 21st October</td>
</tr>
<tr>
<td><strong>Description:</strong> Change can be daunting and is stress-inducing. This webinar will explore how the recent changes brought on by COVID-19 can impact on the school community’s mental health and wellbeing. It will include ways of recognising signs of stress, and strategies to help support your own wellbeing, as well as support the wellbeing of other members within your school community.</td>
<td><strong>Description:</strong> This webinar will explore small practical strategies that we can utilise during periods of stress.</td>
<td></td>
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</tbody>
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### NOVEMBER 2020

**MENtal health – Let’s talk about it!**

**Date:** 4th November

**Description:**
There is still a lot of stigma attached to mental health. This webinar aims to address common misconceptions about mental health and the barriers to people talking about it and seeking support. Since November is men’s health awareness month, this webinar will include a special focus on the challenges that men face in talking about their mental health.

**Building resilience.**

**Date:** 18th November

**Description:**
This webinar will focus on strategies to build resilience in our daily lives and help us combat life’s stressors.

### DECEMBER 2020

**Staying connected and overcoming loneliness.**

**Date:** 2nd December

**Description:**
This webinar will focus on the impact of disconnection, and will look at ways of coping with loneliness and staying connected, especially during what is usually a festive time.

**Working in a diverse environment.**

**Date:** 16th December

**Description:**
This seminar will explore ways of remaining open to ‘difference’ in the workplace to create as inclusive and supportive an environment for colleagues and service-users.

### JANUARY 2021

**Holding on to hope in hard times.**

**Date:** 6th January

**Description:**
This webinar looks at how different thoughts and actions influence our feelings of hope and despair, and how we can hold on to hope during difficult times.

**Finding balance when walking a tightrope.**

**Date:** 20th January

**Description:**
This webinar aims to increase identification of those areas in our life that might need attention and looks at ways to best optimise work-life balance.