

Webinar Wednesdays

Calendar 2020



August 2020

Getting to know your Employee Assistance Service.

Date:

Running every day week commencing 17th August

Description:

An introduction to the service and online platform.

Strategies for supporting the school community (Offline and Online).

Date:

26th August

Description:

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.

SEPTEMBER 2020

The new normal: Navigating the unknown.

Date:

9th September

Description:

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.

Small steps to self-care.

Date:

23rd September

Description:

This webinar will explore small practical strategies that we can utilise during periods of stress.

OCTOBER 2020

“I think, therefore I am.”

Date:

7th October
[World Mental Health Day this week]

Description:

This webinar will focus on what influences our thoughts, and how our thoughts can influence our feelings and actions.

Let's talk about hygiene... sleep hygiene.

Date:

21st October

Description:

This webinar aims to address common issues related to sleep and why sleep is so important for our health.

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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.