

Staff Health & Wellbeing

INFORMATION SESSIONS

Please click on dates to register for sessions



1 **bWell**

Join us to find out how the Trust can support your health and wellbeing.

25th July @ 12.30pm - 1pm

8th Aug @ 12.30pm - 1pm

3rd Sept @ 12.30pm - 1pm

[bWell for more information on your health and wellbeing](#)

2 **Top Tips for Looking after Yourself**

Do you want to learn strategies to manage stress and improve your emotional wellbeing?

23rd July @ 2pm - 4.30pm

22nd Aug @ 2pm - 4.30pm

3 **Take 5 Steps to Wellbeing**

Join us to explore 5 simple steps we can do to maintain and improve wellbeing.

31st July @ 12.30pm - 1pm

29th Aug @ 12.30pm - 1pm

26th Sept @ 12.30pm - 1pm

4 **Mind Ur Mind**

The aim of the sessions is to enable all staff to promote and protect their emotional wellbeing, to contribute to an understanding and supportive work environment, and to help managers to support the mental and emotional wellbeing of their staff.

Staff - 15th August @ 12.30pm - 1pm

Managers - 21st Aug @ 12.30pm - 1pm

5 **Living Life to the Full**

Suitable for staff experiencing low mood, stress/ or mild depression. The course teaches you skills which can be used in every day life to positively impact your wellbeing.

6 week programme commencing on

Wednesday 14th August at 7 - 9pm

For any queries or to organise in person training sessions please contact William.Moore@belfasttrust.hscni.net