

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.

8th Jan @ 12.30pm - 1pm

12th Feb @ 12.30pm - 1pm

19th Mar @ 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?

Blue Monday: 20th Jan @ 2pm - 4.30pm

26th Feb @ 2pm - 4.30pm

3 **Take 5 Steps to Wellbeing**

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

15th Jan @ 12.30pm - 1pm

19th Feb @ 12.30pm - 1pm

26th Mar @ 12.30pm - 1pm

4 **Mind Ur Mind**

Staff - 22nd Jan & 5th Mar @ 12.30pm - 1pm
Managers - 29th Jan & 12th Mar @ 12.30pm - 1pm

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.

5 **High Performing Teams**

February - 27th @ 12pm - 12.30pm
March - 10th & 20th @ 12pm - 12.30pm

What characteristics make a high performing team? This informative session shares similarities of successful teams.

The session also includes information on the staff Health and wellbeing website - bWell

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