

# ORGANISATIONAL DEVELOPMENT

October 2021 Newsletter

## THIS MONTH'S NEWS AND UPDATES:

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Autumn Term calendar  
now available. Search  
for and book workshops  
[here](#)

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## DATES FOR YOUR DIARIES:

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**10th October**

World Mental Health Day

**18th October**

World Menopause Day

**27th October**

National Mentoring Day

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## WELCOME SESSION FOR NEW STAFF

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If you're new to the  
University you will soon  
receive an invitation to  
join our online Welcome  
Session on **Thursday 14th  
October.**

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## APPRAISALS

The deadline for Academic appraisals is **30th October**.  
There is still time to book onto our appraisal workshop on  
**Wednesday 6th October**. Book your place [here](#)

## MANAGEMENT ESSENTIALS

Our Autumn series of Management Essentials workshops  
kicks off on **5th October** with:

**Introduction to Management - developing your  
Management Skills.**

Full programme details can be found [here](#)

## MENTAL HEALTH

As we approach **World Mental Health day on 10th  
October**, it's important to raise awareness and encourage  
open conversations about mental health. If you're a  
manager attend one of our '[Let's have a  
Mental Health conversation](#)' workshops  
to get a better understanding of the  
importance of having wellbeing  
conversations and how to support your  
staff.



## WORLD MENOPAUSE DAY

Raising Menopause Awareness in the Workplace

**Monday 18th October 2021 - 11.30 am – 1.30pm**

We are excited to launch our first menopause awareness event on World Menopause Day.

- Siobhan O'Reilly, HR Director will be discussing why menopause in the workplace matters and sharing our plans for Sussex University to be a menopause friendly accredited employer.
- Sussex academic, Dr Jill Kirby, Lecturer in History will be delivering a talk on "Silent women sufferers" and the menopause.
- Moira Blake, Head of OD will be delivering our new menopause awareness workshop.



## MENTORING

Do you have one hour a month to support a colleague in their professional and career development? Mentoring gives you the unique opportunity to personally help a colleague to reflect, clarify and progress their goals in confidence. Benefits include a sense of collegiality and recognition of your skills and experience. Places are still available on our next mentoring workshop on Wednesday 6th October and you will be eligible to join the Community of Practice for mentors later in the month.

If you are a mentee receiving mentoring, you may want to make a note of **National Mentoring Day on the 27th October**. It's a great opportunity to recognise your mentor for the impact they've had on your career.

## CONTACT US

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