

ORGANISATIONAL DEVELOPMENT

March 2022 Newsletter

THIS MONTH'S NEWS AND UPDATES:

OD Calendar of Events.
Search for and book
workshops [here](#)

DATES FOR YOUR DIARIES:

8th March

International Women's
Day

9th March

[Long Covid Drop In
Session](#)

14th March

Raising Menopause
Awareness in the
Workplace



INTERNATIONAL WOMEN'S DAY #BREAKTHEBIAS

Will you help break the bias? To celebrate [International Women's Day](#), we are recommending two courses on LinkedIn Learning. [Fighting Gender Bias at Work](#) is a 15-minute course that gives a brief overview of the different types of biases that impact women in the workplace. A slightly longer course, ['Becoming a Male Ally at Work'](#), includes practical tips on how men can support female colleagues and improve gender equality in the workplace.

Menopause: 1 in 4 women experiencing the menopause will consider leaving the workplace, so it's important we start talking more openly about the menopause to raise awareness and ensure women receive the support they need. If you have any questions about the menopause, including how to start a conversation, how to get support or what the University is doing to help, please come along to our Let's Break the Stigma of the Menopause Q&A session on the **8th March**.

Women and Apprenticeships: Grab a cuppa and drop-in to ask Ruby Moore, an Alumni Relations Coordinator about her apprenticeship. Find out why she chose an apprenticeship and what it really entails. Frankie Dennis works as an Accreditation Manager and will answer your questions about her degree apprenticeship and achieving an MBA. Book your place [here](#)



MENTORING OPPORTUNITIES

Are you finding time for your development?

Would you benefit from the focus and partnership of a mentor? It can be immensely helpful to have 1 hour per month to meet with a mentor and focus on what's important to you. Our mentoring programme is open to all colleagues at Sussex. We can help you find a suitable mentor to support your career aspirations.

Contact [Sarah O'Malley, OD Adviser](#) for an informal chat to find out more or apply via our web pages [here](#).



ESSENTIAL E-LEARNING FOR STAFF

Just to remind staff that there are a number of essential e-learning programmes that all staff should complete. Login to [LearnUpon](#) and view your Enrolled Courses.

These are the essential courses to look out for:

- Diversity in the Workplace
- Unconscious Bias
- GDPR (and the Data Protection Refresher every year)
- Health and Safety Essentials
- Fire Awareness
- Recruitment and Selection (essential for all involved in staff recruitment)

If you have any questions about staff e-learning, please email learnupon@sussex.ac.uk.



LINKEDIN LEARNING RECOMMENDATIONS

- [Managing your time when you are working from home](#)
- [Time management](#)
- [Having difficult conversations](#)
- [Building working relationships while working online](#)
- [Managing your manager](#)

RAISING MENOPAUSE AWARENESS IN THE WORKPLACE

We are hosting a Raising Menopause Awareness in the Workplace session on the **14th March**. This session is open to all staff. Please come along and find out more about what the menopause is and how you can be supported at work, or how you can support a colleague experiencing menopausal symptoms. If you haven't already, visit our [web pages](#) for resources and support.

CONTACT US

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