

ORGANISATIONAL DEVELOPMENT

October 2021 Newsletter

THIS MONTH'S NEWS AND UPDATES:

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

DATES FOR YOUR DIARIES:

10th October

World Mental Health Day

18th October

World Menopause Day

27th October

National Mentoring Day

WELCOME SESSION FOR NEW STAFF

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



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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