

Wellbeing Wednesdays 2017

As part of the University's *Commit to Get Fit* programme, during the month of May the Staff Development Unit will be offering the following wellbeing workshops for staff. There is no charge for attendance.



Stress Awareness <i>Explore how positive psychology and resilience can help us in dealing with stress</i>	3 May	09.30-12.00 or 14.15-16.45
Understanding and Using Your Strengths <i>Understand your key motivational drivers and standout strengths to increase your work satisfaction and help you operate at your very best</i>	10 May	13.30-16.30
Finding Balance - Session One - In the mind-set <i>Part 1 of a 2 part course. Depending on your interests/time commitments you can attend either or both sessions</i>	17 May	09.30-12.30
Finding Balance - Session Two - In the mind, body & emotions <i>Part 2 of a 2 part course</i>	24 May	13.30-16.30
Wild Mind at Sussex – a mindful walk in the woods <i>An introduction to the power of the natural world to increase relaxation, awareness, creativity and resourcefulness</i>	31 May	09.30-13.00

Also taking place in May:

Mindfulness in the Workplace <i>Learn to apply the insights of mindfulness in practical ways to support a healthy work / life balance</i>	Thursday 11 May	09.30-13.00
Non-Violent Communication (NVC) for the Workplace <i>Based on the conflict resolution process NVC, learn essential skills to enable more effective management of a range of workplace communication issues</i>	Tuesday 23 May	09.30-16.30

To reserve a place on the courses listed above

Book online, through your Sussex Direct 'personal' page – click on 'staff development' from the drop down menu, then select 'search for scheduled courses' or 'staff development course listings and booking facility' or email sdu@sussex.ac.uk

You can find a full list of Staff Development Unit courses, and details of the content for each course, on our web pages. Go to

<http://www.sussex.ac.uk/staffdevelopment/opportunities/staffdevelopmentcourses>