

Wellbeing Wednesdays 2018

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



Stress Awareness <i>Explore at how positive psychology and resilience can help us in dealing with stress</i>	9 May	10.00-12.30 or 13.30-16.00
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>	16 May	09.30-13.00 Or 13.30-17.00
Mindfulness in the Workplace <i>Learn to apply the insights of mindfulness in practical ways to support a healthy work / life balance</i>	23 May	09.30-13.00
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. Part 1 will help you understand which mind-sets work best, what your stress triggers are and what patterns of thinking cause you to stop performing at your best</i>	30 May	09.30-12.30
Finding Balance - Session Two - In the mind, body & emotions <i>Part 2 of a 2 part course. Part 2 focuses on what you can learn from your body's responses and your emotions, and how to use them to respond to challenging people and events</i>	30 May	13.30-16.30

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 Organisational Development courses, and details of the content for each course, on our web pages. Go to

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