

Wellbeing Wednesdays 2019

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.



<p>Mindfulness in the Workplace Learn to apply the insights of mindfulness in practical ways to support a healthy work / life balance.</p>	8 May	09:30 – 13:00
<p>Finding Balance - Session One - In the mind-set 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</p>	15 May	09:30 – 12:30
<p>Finding Balance - Session Two - In the mind, body & emotions 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</p>	15 May	13:30 – 16:30
<p>Wild Mind at Sussex – a mindful walk in the woods An introduction to the power of the natural world to increase relaxation, awareness, creativity and resourcefulness</p>	22 May	09:30 – 13:00 13:30 – 17:00
<p>Personal Resilience A half day workshop that will help you grow resilience and learn how to use tools and strategies that will help you feel better to be able to cope with pressure, change and challenge.</p>	29 May	09:30 – 12:30 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>