

## Wellbeing Sessions - What's on June – October 2022

To register for any of the sessions below, please log on to Turas Learn system, <https://learn.nes.nhs.scot>, type We Care into the learn search bar, click on We Care, then click on the session, then scroll to the bottom and register. Please see attached.

Date	Time	Wellbeing Session
02 June	08.00 – 08.30	<a href="#">Guided Journaling</a>
07 June	17.00 - 17.30	<a href="#">Guided Journaling</a>
09 June	08.00 – 08.30	<a href="#">Guided Journaling</a>
10 June	12.00 – 13.00	<a href="#">Spaces for Listening</a>
14 June	10.00 – 12.00	<a href="#">Psychological Safety</a>
14 June	17.00 – 17.30	<a href="#">Guided Journaling</a>
16 June	08.00 – 08.30	<a href="#">Guided Journaling</a>
21 June	17.00 – 17.30	<a href="#">Guided Journaling</a>
22 June	15.00 – 16.00	<a href="#">Spaces for Listening</a>
28 June	17.00 – 17.30	<a href="#">Guided Journaling</a>
29 June	12.00 – 13.00	<a href="#">Spaces for Listening</a>
30 June	08.00 – 08.30	<a href="#">Guided Journaling</a>
07 July	0800 – 08.30	<a href="#">Guided Journaling</a>
13 July	10.00 – 12.00	<a href="#">Menopause Awareness in the Workplace *TO BE ADDED NEXT WEEK</a>
14 July	08.00 – 08.30	<a href="#">Guided Journaling</a>
19 July	15.00 – 16.00	<a href="#">Spaces for Listening</a>
19 July	14.00 – 16.00	<a href="#">Menopause Awareness in the Workplace *TO BE ADDED NEXT WEEK</a>
21 July	08.00 – 08.30	<a href="#">Guided Journaling</a>
28 July	08.00 – 08.30	<a href="#">Guided Journaling</a>
28 July	13.00 – 14.00	<a href="#">Spaces for Listening</a>
05 August	13.00 - 14.30	<a href="#">Focus on your Finances</a>
08 August	10.00 – 11.00	<a href="#">Spaces for Listening</a>
15 August	10.00 – 11.00	<a href="#">Spaces for Listening</a>
23 August	15.00 – 16.00	<a href="#">Spaces for Listening</a>
24 August	10.00 – 12.00	<a href="#">Menopause Awareness in the Workplace *TO BE ADDED NEXT WEEK</a>
30 August	16.00 – 17.00	<a href="#">Spaces for Listening</a>
14 September	14.00 – 16.00	<a href="#">Menopause Awareness in the Workplace *TO BE ADDED NEXT WEEK</a>
30 September	10.00 – 12.00	<a href="#">Menopause Awareness in the Workplace *TO BE ADDED NEXT WEEK</a>

**\*Please note that the new Menopause Awareness in the Workplace sessions have been confirmed however these will only go live on Turas Learn next week so are unbookable for the time being.**

