

Wellbeing Sessions - What's on April – 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
05 April	10.00 – 11.30	Menopause awareness in the workplace - Cancelled
07 April	08.00 – 08.30	Guided Journaling
11 April	16.00 – 17.00	Spaces for Listening
11 April	17.00 – 17.30	Guided Journaling
14 April	08.00 – 08.30	Guided Journaling
15 April	12.00 – 12.30	Guided Journaling
18 April	14.00 – 15.00	Spaces for Listening
18 April	17.00 – 17.30	Guided Journaling
19 April	10.00 – 12.00	Psychological Safety
20 April	09.00 – 12.30	Understanding, Developing and Maintaining Personal Resilience
21 April	08.00 – 08.30	Guided Journaling
22 April	12.00 – 12.30	Guided Journaling
25 April	17.00 – 17.30	Guided Journaling
28 April	08.00 – 08.30	Guided Journaling
28 April	12.00 – 13.00	Spaces for Listening
29 April	12.00 – 12.30	Guided Journaling
03 May	16.00 – 17.00	Spaces for Listening
05 May	08.00 – 08.30	Guided Journaling
06 May	12.00 – 12.30	Guided Journaling
09 May	11.00 – 12.00	Spaces for Listening
09 May	17.00 – 17.30	Guided Journaling
10 May	17.00 – 17.30	Guided Journaling
12 May	08.00 – 08.30	Guided Journaling
17 May	10.00 – 12.00	Psychological Safety
17 May	12.30 – 13.30	Spaces for Listening
19 May	08.00 – 08.30	Guided Journaling
20 May	12.00 – 12.30	Guided Journaling
24 May	17.00 – 17.30	Guided Journaling
26 May	08.00 – 08.30	Guided Journaling
30 May	17.00 – 17.30	Guided Journaling
02 June	08.00 – 08.30	Guided Journaling
07 June	10.00 – 11.30	Menopause awareness in the workplace
09 June	08.00 – 08.30	Guided Journaling
10 June	12.00 – 12.30	Guided Journaling
13 June	17.00 – 17.30	Guided Journaling
14 June	10.00 – 12.00	Psychological Safety
14 June	17.00 – 17.30	Guided Journaling
16 June	08.00 – 08.30	Guided Journaling
24 June	12.00 – 12.30	Guided Journaling
27 June	17.00 – 17.30	Guided Journaling
28 June	17.00 – 17.30	Guided Journaling
30 June	08.00 – 08.30	Guided Journaling
09 August	10.00 – 11.30	Menopause awareness in the workplace
11 October	10.00 – 11.30	Menopause awareness in the workplace