

Health and wellbeing webinars for 2023

January

Theme: Goal Setting and Motivation

Subtitle for Calendar: Setting appropriate goals

Link to register:

<https://attendee.gotowebinar.com/register/7394107270945990669>

Tue, Jan 17, 2023 1:00 PM - 1:30 PM (AEDT) | 3:00 PM - 3:30 PM (NZDT)

Summary: Setting goals can be a positive way to develop resilience, feel a sense of achievement, and foster greater connections with peers through collaboration. However, setting unrealistic goals can have the opposite effect. During this session, you will learn how to pursue and plan adequate goals for your year.

February

Theme: LGBTQI Awareness

Subtitle for Calendar: Become an ally in the workplace

Link to register:

<https://attendee.gotowebinar.com/register/8398436376128754959>

Tue, Feb 21, 2023 1:00 PM - 1:30 PM AEDT | 3:00 PM - 3:30 PM (NZDT)

Summary: Understanding the many identities within the LGBTQIA+ acronym is essential to acknowledging and embracing the diversity of people within an organisation. Allies are those who do not necessarily identify as part of the community but work to support others who may identify within the LGBTQIA+ community. In this session, individuals will learn how to become an ally within the workplace by building awareness, using pronouns, adapting style and being respectful.

March

Theme: Getting a Good Night Sleep

Subtitle for Calendar: Enhance your wellbeing by regulating your sleep

Link to register:

<https://attendee.gotowebinar.com/register/2767528367520510990>

Tue, Mar 21, 2023 1:00 PM - 1:30 PM AEDT | 3:00 PM - 3:30 PM (NZDT)

Summary: Poor sleep over a long period is linked to various physical and mental health conditions and impacts your ability to engage in everyday activities. Sleep is essential to maintaining your wellbeing and productivity. This webinar explains the significance of getting a good night's sleep and, more importantly, several recommendations on becoming a good sleeper.

April

Theme: Food and Mood

Subtitle for Calendar: Body and mind fitness, nutrition and healthy habits

Link to register:

<https://attendee.gotowebinar.com/register/9041981631377775119>

Tue, Apr 18, 2023 1:00 PM - 1:30 PM AEST | 3:00 PM - 3:30 PM (NZST)

Summary: The human body shows signs that nutrition may be affecting its mood. However, people sometimes don't know how to recognise it or aren't aware of the surprising link between food, mood, and gut health. This session will assess you with the knowledge to improve your health by knowing which diet will best support your mental health, including specific mood-boosting foods.

May

Theme: Getting Organised: Strategies for Managing Work and Family

Subtitle for Calendar: How working parents can better navigate work and family life

Link to register:

<https://attendee.gotowebinar.com/register/2795247055656843276>

Tue, May 9, 2023 1:00 PM - 1:30 PM AEST | 3:00 PM - 3:30 PM (NZST)

Summary: Being a working parent isn't easy. The juggling between work and family can be stressful and overwhelming. This webinar provides step-by-step strategies to create a family plan with examples of routines and schedules to be more organised and consequently better navigate work and family life.

June

Theme: Diversity and Inclusion

Subtitle for Calendar: Creating a culture of diversity, equity and inclusion

Link to register:

<https://attendee.gotowebinar.com/register/6280736299102159632>

Tue, Jun 20, 2023 1:00 PM - 1:30 PM AEST | 3:00 PM - 3:30 PM (NZST)

Summary: As humans, we are hard-wired to make instant decisions about new people we meet. This process is called Unconscious Bias and can significantly influence how we respond to new people or groups of people. Our webinar will give you the skills necessary to build and be part of a high-performing, diverse culture.

July

Theme: Setting Professional Boundaries

Subtitle for Calendar: Developing and maintaining professional boundaries to thrive in the workplace

Link to register:

<https://attendee.gotowebinar.com/register/1444703729120158220>

Tue, Jul 18, 2023 1:00 PM - 1:30 PM AEST | 3:00 PM - 3:30 PM (NZST)

Summary: Learning to set limits and expectations is not always straightforward, but the ability to set professional boundaries is an important skill set for everyone to master to manage workload pressures and external stressors effectively. This webinar provides participants with an understanding of how to develop and maintain professional boundaries to thrive in the workplace, learn strategies, and set appropriate limits with various work stressors.

August

Theme: Transitioning from Chaos to Calm

Subtitle for Calendar: Effectively transitioning between work tasks

Link to register:

<https://attendee.gotowebinar.com/register/2086673384206519311>

Tue, Aug 15, 2023 1:00 PM - 1:30 PM AEST | 3:00 PM - 3:30 PM (NZST)

Summary: Many roles involve multitasking – whether a phone call with a client, a difficult conversation with a team member, a performance review or delivering a challenging presentation. Usually, we do not spend a conscious moment moving from task to task, but by the end of the day, we ask ourselves where the day went and how we managed to get through, but as we look at our 'to-do list', it still feels like the list is growing. This session is designed to provide individuals with approaches to transitioning from a state of chaos to feeling calmer throughout a workday by weaving conscious transitions between tasks and activities at work.

September

Theme: Building Mental Self Fitness

Subtitle for Calendar: Turning thought into action

Link to register:

<https://attendee.gotowebinar.com/register/4279875826811856990>

Tue, Sep 19, 2023 1:00 PM - 1:30 PM AEST | 3:00 PM - 3:30 PM (NZST)

Summary: Mental fitness can be defined as having and maintaining a state of wellbeing and cultivating awareness of how we think, behave and feel. Self-care is a topical part of mental health that we often believe we master, but very few of us are practising good self-care. This webinar explores how to adopt personal, specific, practical self-care and turn thought into action.

October

Theme: How to Contribute to a Mentally Safe Team Culture

Subtitle for Calendar: The healthy team culture and how to contribute

Link to register:

<https://attendee.gotowebinar.com/register/3770332451686552920>

Tue, Oct 17, 2023 1:00 PM - 1:30 PM AEDT | 3:00 PM - 3:30 PM (NZDT)

Summary: A mentally safe team culture impacts our engagement and sense of satisfaction at work and makes us feel more comfortable being ourselves. Regardless of our position in the organisation, we all have a role in creating a mentally safe team culture. This webinar supports individuals to contribute to this culture by understanding what a healthy team culture is healthy team culture. It focuses on driving value-based team behaviours and adopting protective factors of mental health as individuals within a team at work.

November

Theme: Mindful Eating

Subtitle for Calendar: Mindful eating doesn't need to be hard

Link to register:

<https://attendee.gotowebinar.com/register/3249517982864917596>

Tue, Nov 21, 2023 1:00 PM - 1:30 PM AEDT | 3:00 PM - 3:30 PM (NZDT)

Summary: Learn about mindful eating and understand why calories are not the whole story. Learn how to get back in touch with the hunger cues sent from your body and discover your triggers for mindless eating. In this webinar, you'll gain valuable insights into your eating style and develop strategies to manage those urges and cravings with ease.

December

Theme: Making time for self-care while managing work and family over the school holidays.

Subtitle for Calendar: Effective strategies for an enjoyable holiday

Link to register:

<https://attendee.gotowebinar.com/register/2894727571189496917>

Mon, Dec 4, 2023 1:00 PM - 1:30 PM AEDT | 3:00 PM - 3:30 PM (NZDT)

Summary: School holidays can inspire joy and dread in the hearts of working parents. Joy if they're in a position to relax and spend quality time with the children, and dread if they have to juggle staying on top of work commitments and keeping children entertained and happy over the long summer school break. People need to rest and rejuvenate to be at their best at work and in life, but self-care can be the first thing to go when we're busy. This interactive and fun session provides working parents with resources on how to make time for self-care over the school holidays.