

## Lincolnshire Staff Wellbeing Hub Workshops and Events

October	Date/Time
Burnout	16/10/23 (14:00-16:00) <a href="#">Click here to join the meeting</a>
Assertiveness	P 1: 02/10/23 (09:30-11:30) <a href="#">Click here to join the meeting</a> P2: 16/10/23 (09:30-11:30) <a href="#">Click here to join the meeting</a>
Sleep	Part 1 12/10/23 (09:30-11:30) <a href="#">Click here to join the meeting</a> Part 2 26/10/23 (09:30-11:30) <a href="#">Click here to join the meeting</a>
Meno-Pause	Every Thursday 12:00-12:20 <a href="#">Click here to join the meeting</a>
Champion support	10/10/23 (15:00-16:00) <a href="#">Click here to join the meeting</a>
New - Health Awareness in Leadership	Tuesday 17 <sup>th</sup> October (9.30-11.30) Email <a href="mailto:ljft.staffwell-being@nhs.net">ljft.staffwell-being@nhs.net</a> to book
New - Lets Talk Menopause – managers/leaders session	<u>Thursday 26<sup>th</sup> October 14:00-14:30</u> <a href="#">Click here to join the meeting</a>
New- Lets Talk Menopause – colleague session	<u>Friday 20<sup>th</sup> October 10.00-10:30</u> <a href="#">Click here to join the meeting</a>
Mindfulness with Stuart Couling	Friday 6 <sup>th</sup> October, Monday 9 <sup>th</sup> October, Friday 20 <sup>th</sup> October, Monday 23 <sup>rd</sup> October 12.00-12.45 * <a href="#">link at bottom of page</a>
LCC Resilience Workshop	Monday 2 <sup>nd</sup> October 9.30-15.30 Wednesday 18 <sup>th</sup> October 9.30-15.30 * <a href="#">link at bottom of page</a>

LCC resilience: <https://us02web.zoom.us/j/87059355925?pwd=MkR2cS9DdlhSS2NxaERtanJLUjhSZz09>

Mindfulness: <https://us06web.zoom.us/j/93382419525?pwd=RGpaMwD3ZEVQUFVRQUILMW5LVkVEZz09>