

Organisational & Professional Development Newsletter

Wellbeing Edition – April 2020

Your community, your wellbeing

During this time, it's important to come together to support one another. Over the coming months we plan to hold themed Wellbeing Weeks, with opportunities to share our perspectives: what's working for us in our personal and professional lives, and what the research says that can help us.

Our first session is:

Beating Corona Anxiety - Wednesday 22 April 2020 @ 2pm (45 mins)

For many of us, there's a feeling of stress that comes with the current COVID-19 situation. Join us for an open discussion with our experts in the field to talk about their research, practical hints and tips, and real life experiences on how to deal with the constantly moving parts. To book, go to our [course bookings](#) site and search for "wellbeing series".

There are many more activities to come that will cover topics such as work-life balance, working from home as a parent, mindfulness, dealing with change, and mental health awareness. However, our aim is to spread these out over time.

Your thoughts will help to shape what we offer!

If you have any topic suggestions or would like to share your experiences/knowledge, please take part in this short [survey](#).

Our online offer

We are transferring much of our offer online, while keeping to the principle that people learn most by sharing their understanding and experiences.

This includes our regular courses like **Recruitment & Interview Selection**, and **Building Personal Resilience**; we have also added virtual coaching sessions. For other courses and to book, please look at our [booking system](#).

The Equality, Diversity & Inclusion team are looking at e-learning modules that could cover part of Introducing Inclusion. We are also exploring if and how to deliver the material as a webinar.



We are still offering bespoke team sessions, such as our process improvement workshops, and facilitating psychometric tools such as DISC to help you understand yourselves and your team to work better together.

As well as these courses, next month we will be launching online mediation. **Mediation** is a confidential, voluntary and informal process that helps individuals talk through their issues with an impartial mediator and provides a safe space to find a way forward. Experience shows us that addressing issues early on can be more helpful than waiting until perspectives are entrenched. Please encourage your colleagues to use this service when necessary.

Similarly, we are looking at how we can adapt **Active Bystander** training to work online, and will be rolling that out to department shortly. Active bystander sessions give tried and tested techniques to challenge unacceptable behaviours.

Please contact us at profdev@qmul.ac.uk with any queries!

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