

Learning at Work Week

15 - 21 May 2023

Sign up for news on how to take part

#LearningAtWorkWeek

WHAT'S ON:

Mon 15th May

- Mental Health in the Workplace
- How Gateshead Health Library services can support colleagues and teams
- Financial wellbeing and being smart with your money

Tues 16th May

- Cost of Living Challenges/Day-to-Day Finances
- Effective Communication
- Occ Health & Wellbeing Roadshow
- Developing yourself & your team
- Top tips for presentation skills
- Mat Work Physiotherapist-Led Pilates taster session

Wed 17th May

- Citizens Advice Gateshead Drop-In
- Debt - The Good, The Bad and The Ugly
- Savvy Budgeting to Make Ends Meet

Thurs 18th May

- Back Chat
- It's good to talk about Mental Health
- Occupational Health and Wellbeing Roadshow
- Application Forms
- 'Time to Move' - How to exercise in your workspace
- Interview Skills
- *Resilience: detofixy and break the myth

Fri 19th May

- *Building a Thriving Team
- Resuscitation Basic Life Saving Training (AM & PM)

Book via ESR or visit tinyurl.com/laww-23-gh for more info on any session