

# LOOKING AFTER YOUR WELLBEING AT WORK

**FREE FACILITATED  
SESSION FOR**

Wednesday 16th November

10:00am to 12:00noon

Arbroath Infirmary Board Room



During this interactive session, which is suitable for employees and managers, We will explore wellbeing and the steps we can all take to improve our wellbeing at work

We will look at the things that affect our wellbeing and consider ways to build the resilience to cope with challenges and difficult situations we may face

By sharing some useful tools, the session aims to provide attendees with the resources to take a more proactive approach to protecting their wellbeing

To book your space email your name, job role, employer to [tay.hwl-workplaceprog@nhs.scot](mailto:tay.hwl-workplaceprog@nhs.scot)

This session is open to people living or working in Angus, Dundee, and Perth & Kinross

# KEEP ACTIVE AT WORK



**FREE FACILITATED  
SESSION FOR**

Thursday 24th November

9:30am to 10:30noon

This session will be delivered on  
Microsoft Teams



This fun and interactive session will look at the negative effects of sitting too much, on employees and organisations

Moving more during the working day can have a big impact on health: we will discuss reasons to move more, simple and effective solutions to help achieve this, activities suitable for office-based and remote workers, and much more!

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# CREATING A MENTALLY HEALTHY WORKPLACE

**FREE FACILITATED  
SESSION FOR**

Tuesday 6th December

9:30am to 12:30pm

Improvement Academy, Level 5  
Ninewells Hospital



Poor mental health is all too common in the workplace and can contribute to high sickness absence, low morale and productivity. The past 3 years has made this worse for many and has highlighted the need to support employees with their mental health and wellbeing as part of business recovery

Managers and team leads can play a key role in improving mental health in their workplace

This session aims to equip managers with a greater understanding of poor mental health, the confidence to approach this, and to identify the actions they can take to create and maintain a more mentally healthy workplace

To book your space email your name, job role, employer to  
[tay.hwl-workplaceprog@nhs.scot](mailto:tay.hwl-workplaceprog@nhs.scot)

This session is open to managers and team leaders  
living or working in Angus, Dundee, and P&K

# ANDYS MAN CLUB



**FREE FACILITATED  
SESSION FOR**

Thursday 8th December

10:00am to 11:00am

This session will be delivered on  
Microsoft Teams



#ITSOKAYTALK

Men's health & wellbeing is a key priority for us all

Join our session hosted by Alex McClintock, Project Development Officer for Andy's Man Club Scotland, to learn more about the organisation, their approach, and to ask questions

After attending the session you will be in an informed position to signpost male colleagues, family and friends to their local group, or perhaps you would like to get involved yourself

Everyone is welcome to attend this session regardless of gender, however if you would like more information before registering please email [tay.workplaceteam@nhs.scot](mailto:tay.workplaceteam@nhs.scot)

To book your space email your name, job role, employer to [tay.hwl-workplaceprog@nhs.scot](mailto:tay.hwl-workplaceprog@nhs.scot)

This session is open to people living or working in  
Angus, Dundee, and P&K