

Focus on Wellbeing

A Webinar Programme For Health and Social Care Staff

February & March 2021

(Update Version 250121)

This Focus on Wellbeing Programme is intended to empower and encourage health and social care staff and unpaid carers to enhance personal resilience and self-care.

To participate in the webinar sessions, please register by clicking the relevant link below.

The Focus on Wellbeing Programme will be updated and circulated periodically with information on new sessions for your benefit. Please circulate this programme widely to colleagues and look out for the Updates. For enquiries please contact Scot Hall scot.hall@gov.scot

February

1. Restore (with Scottish Ballet Company)

17 February, 12.00 – 13.00 or 17.30 – 18.30 hrs.

or

24 February, 08:30 – 09.30 or 12.00 – 13.00 hrs.

We have partnered with Scottish Ballet to offer this unique opportunity to help you relieve stress and *restore* a sense of personal calm. Rhiana Laws, Scottish Ballet Health Artist will lead a one-hour, online interactive training session offering stress-relieving movement, gentle stretches and breath awareness to support your wellbeing. Guided movement, expert tutorial (with an opportunity for Q&A) and original music will equip you with easy-to-use techniques developed specifically for the workplace and those working from home to ease physical and emotional stress.

Rhiana uses her 20 years' experience to help you understand your 'stress signature' and how movement and breath regulate high stress states and improve wellbeing. You will leave the session with an 'anchor point' – movement and breath techniques for use on-the-go when you need to calm or focus.

No movement experience necessary. These are functional, supportive movements specifically developed for you to use at work or at home and can be done seated or standing.

These online sessions will be run and repeated in February and March on the following dates/times. Sign up for one of them via the links below:

17 February, 12.00 – 13.00 hrs. : Please book a place for this session via:

<https://www.eventbrite.co.uk/e/restore-with-the-scottish-ballet-company-tickets-138623531715>

17 February, 17.30 – 18.30 hrs.: Please book a place for this session via:

<https://www.eventbrite.co.uk/e/restore-with-the-scottish-ballet-company-tickets-138627266887>

24 February, 08:30 – 09.30 hrs.: Please book a place for this session via:

<https://www.eventbrite.co.uk/e/restore-with-the-scottish-ballet-company-tickets-138627680123>

24 February, 12.00 – 13.00 hrs. : Please book a place for this session via:

<https://www.eventbrite.co.uk/e/restore-with-the-scottish-ballet-company-tickets-138627872699>

2. Enhancing Personal Resilience: Managing Stress and Staying Positive **19 February, 12.30 – 13.30 hrs.**

These webinars will be led by Dr Alastair Dobbin (GP) and Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health developed the Feeling Good app. The session will include a short presentation with practical tips, followed by a Q&A. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff via the National Wellbeing Hub www.promis.scot

12.30 – 13.30 hrs.

Please book a place via : <https://www.eventbrite.co.uk/e/138052228933> This webinar will be repeated at 15.00 today – see below (please attend only one session) :

15.00 – 16.00 hrs.

Please book a place via: <https://www.eventbrite.co.uk/e/138348571301>

3. Developing Your Personal Resilience in Challenging Times **24 February, 12.00 – 13.00 hrs**

Dr Catherine Bishop is an Olympian (Olympic Silver Medallist, rowing), former diplomat, business coach and author. As a diplomat for the Foreign Office for 12 years, Cath specialized in policy and negotiations on conflict issues. She now works as a business consultant, leadership coach and author, and teaches on Executive Education programmes. Her first book 'The Long Win: the search for a better way to succeed', published October 2020, was described by the FT as 'a deep and rewarding exploration of human motivation in sport, politics, business and our personal lives' and listed in their Top 10 Business Books for 2020. In this webinar, Cath will describe ways of improving personal resilience and different approaches drawing on her experiences as an Olympian and as a diplomat working in warzones, as well as the research used to improve performance in those challenging situations and beyond.

Please book a place for this session via: <https://www.eventbrite.co.uk/e/developing-your-personal-resilience-in-challenging-times-tickets-138629308995>

4. Helping You Cope with Low Mood **25 February, 13.30 – 14.30 hrs**

These webinars will be led by Dr Alastair Dobbin (GP) and Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health developed the Feeling Good app. The session will include a short presentation with practical tips on coping with low mood, followed by a Q&A. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff via the National Wellbeing Hub www.promis.scot NB. These sessions will be run again in March.

13.30 – 14.30 hrs

Please book a place for this session via: <https://www.eventbrite.co.uk/e/138059996165> This webinar will be repeated today at 16.00 – see below (please attend only one session) :

16.00- 17.00 hrs.

Please book a place for this session via: <https://www.eventbrite.co.uk/e/138346418863>

On Mindfulness

Martin Stepek is one of Scotland's foremost teachers in Mindfulness, a published author in the field and former Sunday Herald Columnist on Mindfulness. He will be running a number of sessions on a range of topics for health and social care staff and carers during this programme.

5. Think positively for a resilient 2021
17 February, 16.00 – 17.00 hrs.

To help with the massive challenges you are facing currently, Martin Stepek will teach you how to use the simple tools of Mindfulness to better cope with stress and pressure. The session will highlight how mindfulness can help build your resilience to deal with whatever life or work throws at you while protecting your mental health and well-being.

Please book a place via: <https://tenforzen.clickmeeting.com/think-positively-for-a-resilient-2021/register>

6. Using mindfulness to manage stress, anxiety and worry
24 February, 16.00 – 17.00 hrs.

Mindfulness not only reduces stress but also gently builds resilience so that stressful situations have less impact on our happiness and well-being. Martin Stepek will begin by discussing how to use the simple, but evidence based techniques of Mindfulness to reduce and manage stress and anxiety. He will then lead you in a guided practice to relax and let go of stress.

Please book a place via: <https://tenforzen.clickmeeting.com/using-mindfulness-to-manage-stress-anxiety-and-worry/register>

March

7. Restore (with Scottish Ballet Company)
3 March, 08:30 – 09:30 hrs.
or
3 March, 12.00 – 13.00 hrs.

Once again, we have partnered with Scottish Ballet to offer you this unique opportunity to help you relieve stress and *restore* a sense of personal calm . Rhiana Laws, Scottish Ballet Health Artist will lead a one-hour, online interactive training session offering stress-relieving movement, gentle stretches and breath awareness to support your wellbeing. Guided movement, expert tutorial (with an opportunity for Q&A) and original music will equip you with easy-to-use techniques developed specifically for the workplace and those working from home to ease physical and emotional stress.

Rhiana uses her 20 years' experience to help you understand your 'stress signature' and how movement and breath regulate high stress states and improve wellbeing. You will leave the session with an 'anchor point', movement and breath techniques for use on-the-go when you need to calm or focus.

No movement experience necessary. *These are functional, supportive movements specifically developed for you to use at work or at home and can be done seated or standing.* Please book a place via one of the links below.

3 March, 08:30 – 09:30 hrs.: Please book a place for this session via:
<https://www.eventbrite.co.uk/e/restore-with-the-scottish-ballet-company-tickets-138631337061>

3 March, 12.00 – 13.00 hrs.: Please book a place for this session via:
<https://www.eventbrite.co.uk/e/restore-with-the-scottish-ballet-company-tickets-138632219701>

On Mindfulness

8. Being mindful in a busy week

3 March, 14.00 – 15.00 hrs.

If you would like to live a Mindful life but feel you don't have any spare time, then don't worry! Martin Stepek will give you some great ideas to incorporate Mindfulness into a busy week, no matter how much time you have, to feel calmer, productive, and focused.

Please book a place for this session via: <https://tenforzen.clickmeeting.com/being-mindful-in-a-busy-week/register>

9. Developing a clear, unworried mind

10 March, 14.00 – 15.00 hrs.

Our minds are often cluttered with several competing thoughts or things we have to get done. Often worries are a major part of this cluttered feeling. Martin Stepek will explore the way the mind gets cluttered and worried, and how we can free our mind from these negative states once they arise.

Please book a place for this session via: <https://tenforzen.clickmeeting.com/developing-a-clear-unworried-mind/register>

10. Enhancing Personal Resilience: Managing Stress and Staying Positive

9 March, 16.00 -17.00 hrs.

This webinar will be led by Dr Alastair Dobbin (GP) and Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health. They developed the Feeling Good app. The session will include a short presentation with practical tips on coping with low mood, followed by a Q&A. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff via the National Wellbeing Hub www.promis.scot

Please book a place for this session via: <https://www.eventbrite.co.uk/e/138349959453>

11. Helping You Cope with Low Mood

9 March, 18.30 – 19.30 hrs.

This webinar will be led by Dr Alastair Dobbin (GP) and Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health. They developed the Feeling Good app. The session will include a short presentation with practical tips on coping with low mood, followed by a Q&A. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff via the National Wellbeing Hub www.promis.scot

Please book a place for this session via: <https://www.eventbrite.co.uk/e/138350234275>

12. Managing Working Parenthood in Current Times

17 March, 14.00 – 15.00 hrs.

or

24 March, 15.00 – 16.00 hrs.

Covid-19 is a crisis for working parents. If you are working while caring for children, or manage staff who are, then this session is for you! These webinars will be led by Daisy Dowling, Founder and CEO of Workparent, a specialty consulting firm in the U.S that provides solutions to corporations and U.S. Air Force. She is a working parent coaching expert, and author of '*Workparent: Thrive in Your Career While Raising Happy Children*', a guidebook to working parenthood (published in May 2021); she has been published extensively in

Harvard Business Review and is a series Editor for *HBR's Working Parents* series. Daisy will share specific techniques and tools for successfully handling the challenges of your dual role in these unique circumstances, including ways to “dual hat” effectively when working and caregiving, managing your routine, schedule and self, how to communicate effectively as a professional and parent and feel more in control, and maintaining personal energy and resilience in the face of current pressures. In advance of the session, participants will be asked to submit any specific working-parent questions or concerns they may have to the session chair for Daisy to respond to.

17 March, 14.00 – 15.00 hrs.: Please book a place for this session via
<https://www.eventbrite.co.uk/e/managing-parenting-in-current-times-tickets-138651497361>

or

24 March, 15.00 – 16.00 hrs. : Please book a place for this session via
<https://www.eventbrite.co.uk/e/managing-parenting-in-current-times-tickets-138651956735>

Coming soon in this wellbeing webinar series.....

Coping with insomnia and sleep issues
Reflective Practice

Please look out for the Updates.

Workforce Leadership, Culture and Wellbeing
Health Workforce Directorate | Scottish Government
25 January 2021