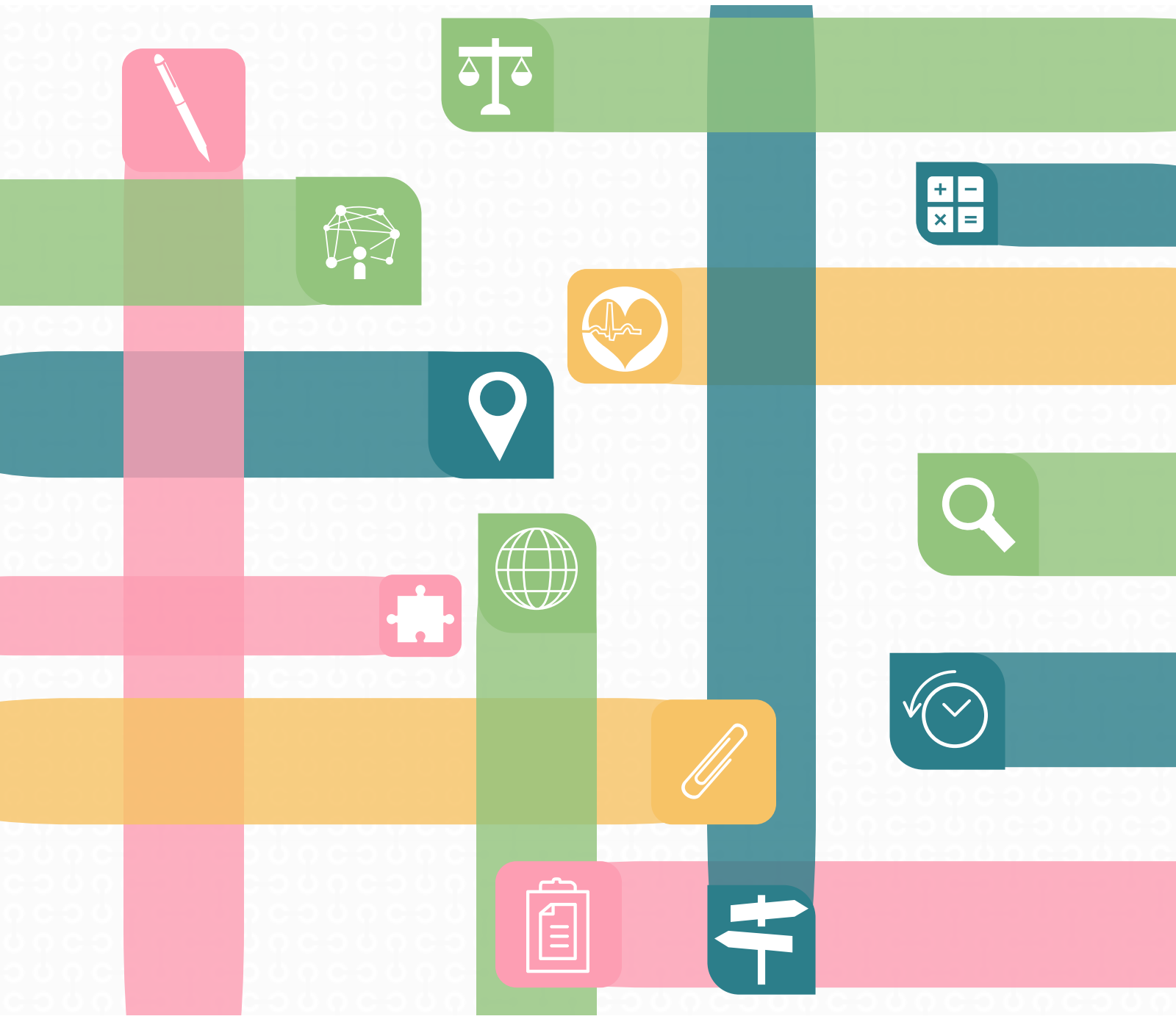
Healthy Working Lives

NHS Greater Glasgow and Clyde

NHSGGC Employment & Health Team Training



ALL TRAINING LISTED IS FREE

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NHSGGC Employment & Health Team
New Training Coming Soon!
First Dates September 2021

Keeping people safe at work - Undertaking effective risk assessments in a changing world

In this ever-changing world, where new risks can emerge unexpectedly, employers need to continue to keep people safe in the workplace by undertaking effective risk assessments.

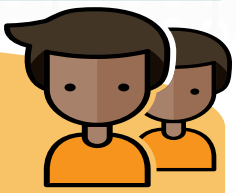
This session aims to:

- outline the key requirements and terms involved in completing risk assessments
- describe the five steps to risk assessments
- explain how to identify hazards and evaluate risks, including COVID-19
- signpost to sources of further advice, guidance and support

Towards a Healthier Workplace - Reducing Gambling Harm

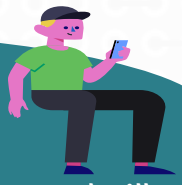
This session aims to raise awareness of the impact of gambling harm in the workplace and will improve the knowledge and understanding of best practice in supporting employees and reducing gambling harm in the workplace.

Men's Health – Starting A Conversation At The Workplace



This session aims to open up a discussion about men's health awareness and healthy living for men. The session will discuss some common health conditions that affect men, and focuses on the easy to action habits that helps in preventing them.

Keep Active At Work - Combating sedentary behaviour



This session aims to look at how our work environments and settings contribute to sedentary behaviour and will discuss some easy to implement solutions for being more active during our work days.

Training Organiser:

NHS Greater Glasgow & Clyde Healthy Working Lives
www.nhsggc.org.uk/eht

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Returning to the workplace – supporting staff mental health and wellbeing

In this interactive 90 minute session, we will discuss how to look after our mental health and wellbeing at work in a constantly changing world such as following a pandemic. We will provide support to employers and employees to improve their knowledge and understanding of dealing with COVID-related anxiety and stress and offer practical tips and ideas to create healthy and sustainable working conditions.

Staff Financial Wellbeing – What you can do to help

This free, online session looks at practical measures to reduce the negative impact of money worries, on both employees and organisations. The session is suitable for managers, HR, staff side representatives and occupational health staff.

Supporting and Managing Staff with Long COVID

This session aims to raise awareness of the impact of long COVID in the workplace and to improve knowledge and understanding of best practice in managing employees with long COVID.

Loss and Grief during COVID-19

The COVID 19 pandemic has transformed lives unimaginably, with many experiencing loss in its widest sense, not only bereavement. Though grief is a natural response to loss, it can be experienced very differently, and an awareness of this can be useful for employers/managers as they support staff wellbeing at this time.

This session aims to:

- Raise awareness of loss and grief during COVID 19.
- Examine the impact of grief on mental health.
- Explore strategies and resources to provide support

How to boost resilience at work

This 2 hour online workshop helps you to:

- Understand the links between pressure, stress, performance and health
- Measure personal resilience (using a questionnaire providing scores on 8 dimensions of resilience)
- Identify actions you, as an employer, can take to build employee resilience
- Identify how you can help your employees to build their personal resilience

Good Sleep Supports Good Health

Sleep is essential for our physical health and immune system, as well as for our emotional and mental wellbeing. Working from home, social distancing, money worries and health concerns have all added to make this an unsettling and stressful time for many. This session will focus on the challenges of sleeping well and the importance of, and guidance towards, good sleep during the pandemic.

If you have any queries please contact us on:
0141 201 4860

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For all your Health, Safety & Wellbeing queries, please contact the adviceline or check out our website.
Twitter: @nhsggc_hwl
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