

MENTAL HEALTH & SUPPORT WEBINARS

for the Construction
Industry



CITB NI are here to help, support and guide through these unprecedented times and are working in partnership with Inspire to provide Mental Health and Support Webinars Free of charge to registered employers.

| Topic | Platform | Time (2 hours) | Delivered by | Date (May) |
|--|--------------|---------------------|-----------------|---|
| ► Managing Your Time Effectively When Working from Home Create a quality environment to help you focus, understand your unique working preferences for optimal productivity and manage your and others' expectations around communication. Clarify priorities and strengthen your boundaries committing to positive habits and next steps. | Live Zoom | 10am to 12 noon | Jenny McConnell | 8th May 2020 |
| ► Resilience and Wellbeing in Uncertain Times Identify your unique strengths, stressors and needs, and understand ways to adjust to make yourself more robust and effective. Learn the important role of connection to self and others and commit to next steps that will sustain your energy, mind-set, and impact. | Live Zoom | 10am to 12 noon | Jenny McConnell | 19th May 2020 |
| ► Stress and Anxiety Enhance your understanding of stress and anxiety and take practical action. Consider and identify their causes, signs, and symptoms, and realise how we can look after our own health and wellbeing during COVID-19 and other times of unexpected trauma. | Pre recorded | At your convenience | Stephen Wray | 18 th to 31 st May 2020 (2 weeks) |
| ► Unlock Greater Team Resourcefulness from a Distance Understand the first principles underpinning empowered thinking and how to role model an innovative, 'fail often, fail fast' approach. Get clear on your and others' needs, and practice asking powerful questions that unleash resourceful behaviours. | Live Zoom | 10am to 12 noon | Jenny McConnell | 2nd June 2020 |
| ► Get the Best out of your Virtual Team aimed at People Managers Leverage the 'remote leadership' model, providing meaningful connection, communication, consistency, and structure. Create a cohesive, high-performing team that knows what success looks like, while developing growth opportunities for your team. | Live Zoom | 10am to 12 noon | Jenny McConnell | * 17th June 10am - 12noon |

*Please note Date Change

All courses have a limited number of participants so early booking is advisable.

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