



**Northern Ireland
Safety Group**
Promoting Occupational
Safety & Health

**MONTHLY
MEETING**

Webinar

The importance of wellbeing during and post pandemic

A presentation by the Ulster University Wellbeing team

With 2750 staff and 25000 students operating out of 4 sites, Ulster University saw the value of putting wellbeing at the heart of their organisation long before the start of the pandemic.

COVID-19 simply brought new challenges to an already active team and they were how to adapt in this new environment.

Within the University leaders accept that they are in uncharted territory; managers are looking for new ways to support and motivate their teams, and individuals have learned to work remotely as they tackle both personal and professional challenges.

In their presentation the Wellbeing Team will outline how they have adapted to ensure they remain within their original objectives and strategy, how they promote engagement and

importantly how they promote positive mental health.

Areas that will be covered include

- An Employee wellbeing strategy and the amendments needed to cover the pandemic
- The importance of Wellbeing Champions and the vital role they play during and post lockdown
- Delivering Wellbeing in lockdown and beyond
- The positive promotion of good Mental Health in the workplace

This webinar is free to attend

See page 2 for details on how to register



JOINING INSTRUCTIONS

SPEAKERS: Ulster University Wellbeing Team

VENUE: Online

DATE: Monday 17th August 2020

TIME: 2.30pm (finish 4.00pm)

REGISTER YOUR INTEREST AT THE LINK BELOW.

[REGISTER HERE](#)

Once you register your place will be held for you.

- A web link (Zoom) will be provided on the morning of the Webinar with instructions on how to join.
- Please do not share this link with others as their email will not be recognised and they will not obtain access.
- Please ensure that the email you use to register is the one that you will be using to view the webinar.