

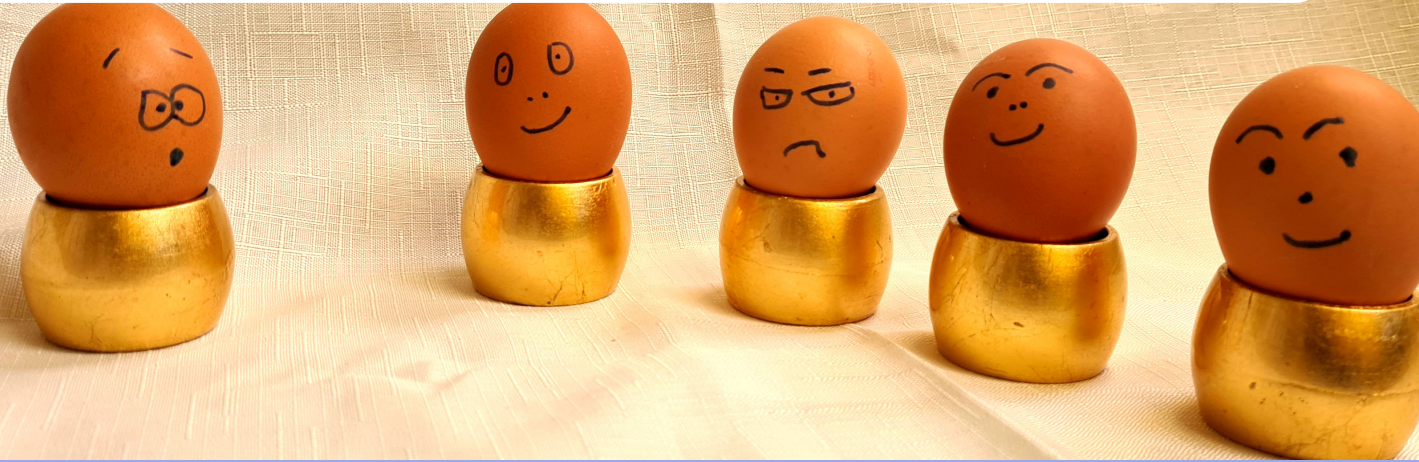


Workplace Health
Leadership Group
Northern Ireland

Webinar Managing Mental Health When Working From Home

Thursday 22nd April - 2.30 - 4.00 pm

Speakers: HSENI Mental Wellbeing at Work Advisors



The Workplace Health Leadership Group NI is hosting a series of webinars focused on mental health in the workplace. Each week, we will be collaborating with renowned mental health professionals, who will be sharing their experiences from various perspectives and addressing key questions involving employee mental wellbeing.

Working from home has come into its own during the pandemic. Some employers have found this beneficial whilst others have struggled with it. Either way home working became the norm in 2020 and has the potential for becoming standard practice in the future.

Employee stress doesn't just disappear if an employee isn't on site.

The HSENI Management Standards for work-related stress provide the framework for organisations to manage stress in the workplace.

What is new is the 'working from home' element that all employers have had to grapple with since the start of the pandemic.

The presentation will focus on the role and actions to be taken by both employer and employee. It will also feature a new document being worked on by HSENI which simplifies the process for both parties.

Topics include

- Emotional well-being
- Physical health
- Support networks
- Work-life balance
- Mental well-being
- Work environment

WEBINAR DETAILS

DATE:	Thursday 22 nd April 2021
TIME:	2.30pm (finish 4.00pm)
VENUE:	Online
SPEAKERS:	Claire Kelly, Selina Casey and David Beck - HSENI Mental Wellbeing at Work Advisors



COST:	This webinar is FREE
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PTO for further details and booking

This webinar is
being facilitated by



Northern Ireland
Safety Group

[BOOK HERE TO ATTEND](#)

The webinars are being facilitated by NI Safety Group (one of the Workplace Health Leadership Group's partners).

Booking will take place on the NI Safety Group website, and the booking form can cater for multiple attendees.

Once booked you will receive a confirmation email holding your place/s. It will indicate that a web link (Zoom) will be provided on the morning of the Webinar with joining instructions.

Please ensure that the email you use to register is the one that you will be using to view the webinar.

Please do not share the link (that you will receive on the morning of the webinar) with others as their email will not be recognised and they will not obtain access.

IMPORTANT - This webinar is likely to be oversubscribed. The software automatically closes the webinar when it reaches capacity. Those unable to gain entry (usually by signing in late) can watch the seminar as a podcast once we have uploaded it.

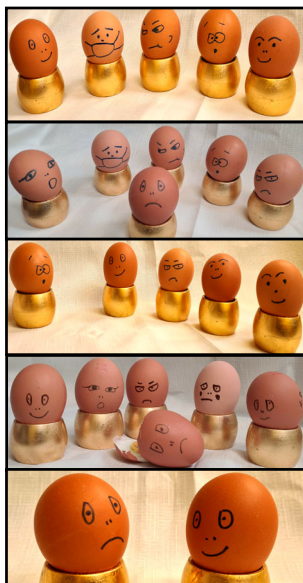
SPEAKER'S bios

Selina Casey is a Mental Wellbeing work advisor at HSENI and her role is risk assessing and raising awareness on mental wellness in the workplace. Prior to this Selina worked as a Suicide Prevention Facilitator.

Clare Kelly joined HSENI in 2009 and worked as a Business Advisor mentoring small businesses in the implementation of Health and Safety Management systems. Claire took up her role as a Mental Wellbeing work advisor in 2017 and has received accreditations in the areas of Health and Wellbeing, and Delivery of Stress Management Training.

David Beck joined HSENI in 2004 and has worked in a number of areas such as communications and legislation. He took up his role as a mental well-being at work advisor in 2019. David has a NEBOSH Certificate in the Management of Health and Well-being at Work and a level 5 diploma in Mental Health and Wellbeing Awareness accredited by the Counselling & Psychotherapy Central Awarding Body

OTHER WEBINARS IN THIS SERIES



Thursday 15th April
- 2.30 - 4.00 pm

Workplace Mental Health Awareness

Thursday 22nd April
- 2.30 - 4.00 pm

Managing Mental Health When Working From Home

Thursday 29th April
- 2.30 - 4.00 pm

Mental Health First Aid

Thursday 6th May
- 2.30 - 4.00 pm

Supporting employee wellbeing in challenging times - the Mindful Manager's toolkit

Thursday 13th May
- 2.30 - 4.00 pm

Take Five Steps to Wellbeing

How to book

[Watch webinar post event recording](#)

[Booking Link](#)

[Booking Link](#)

[Booking Link](#)

[Booking Link](#)

Who are the Workplace Health Leadership Group NI

The Workplace Health Leadership Group NI (WHLGNI) was formed on 10th August 2016 when a group of committed stakeholders from across industry and government came together to ensure that effective occupational health management is given the priority in Northern Ireland workplaces that it warrants.



Northern Ireland Safety Group