

## Relearning and Adjusting to Being Together

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Restrictions are slowly starting to ease. Before long, we will all be mixing again in work and social settings. Social Distancing, lockdowns, isolation and home working have changed the way we interact. For our safety, we have had to go against the very primal human need to be a part of a pack and see each other as a potential threat. Can we ever go back to the way it was? In this webinar, we will look at the new conscious and unconscious taboos that that we have created. We will think about what we should keep, and what needs to be adjusted. We will also remember what it was like when getting ready for work didn't only focus on the top half of our body.

### SESSION OUTLINE

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- Looking at Where We Are Now
- Assessing the Social Benefits From the Past Year
- Easing from Digital to Real Life Interactions
- Managing Anxiety
- Tech vs. In Person Etiquette
- Useful websites and resources

### SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

### GWEN JONES (SPEAKER)

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Gwen is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained individual therapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 7 years speaking about Diversity and Inclusion as well as Wellbeing. She initially studied Psychology at the University of Utah. She then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life. She and her family have been active in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.