

Wellbeing in The Not So New Normal

Lockdown 3.0 has brought with it new anxieties around old frustrations. People are trying to manage the responsibilities of work, the responsibilities of home and the responsibilities of being a good citizen who follows the rules. No one was given the rulebook for doing this whilst managing mental health and wellbeing. This session will look at the realities we are facing as workers in a Covid world. We will then look at how we can care for ourselves and our families in a way that is less reactive and more intentional. We can again find a way to feel safe and well in our own skin whilst we change the processes for how we interact with the world

SESSION OUTLINE

- An Honest Look at Now
- Managing the Anxiety of Being "Out"
- Moving from Reaction to Action
- Work/Life Balance
- Pressing Pause Effectively
- Useful websites and resources

SESSION INCLUDES

- 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)

Gwen is completing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach who works with people all over the world to reduce anxiety and have happier, healthier lives. Gwen speaks 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.