

Workshop 'Well-being at work: Coping & Balancing'

9th July 2020

Online, Zoom

Session Programme

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|--------------|----------------------------------|
| 10:30 | Introductions & Overview |
| 10:45 | Snippet Context: Health & Stress |
| 11:00 | Learning Activity |
| 11:15 | Resilience & Coping |
| | <i>5 mins Comfort Break</i> |
| 11:45 | Learning Activity |
| 12:15 | Wrap up & Action Steps |
| 12:30 | End |