



The New Normal

Work-Based Wellbeing

Free Online Workshop

The Derbyshire Federation for Mental Health

WELLBEING IN A POST LOCKDOWN WORLD

Delivered by: Wellbeing Facilitator

As we begin to transition to working life post lockdown, trying to find a new normal can understandably feel like a worrying and anxious time. Feelings of uncertainty, loss and apprehension affect our overall wellbeing and ability to feel safe within the workplace and indeed in all aspects of our lives.

Topics such as the impacts of Covid -19 and tools to maintain wellbeing within the pandemic are covered within the workshop. Foundation Derbyshire have provided financial resources to aid our organisation in the delivery of these workshops in these difficult times.

Sessions are delivered via Zoom and are approximately 2 hours in duration, including a short break.

Sessions can be arranged for anyone to attend. Alternatively private sessions for groups can be booked in advance.

To book or for more information please contact

Emma via email: emmadaniels@dfmh.co.uk

