

NEW AND FEATURED

Read about the new
Raising Mental Health Awareness
workshop and
new resources on interview skills.

More details on page 2.



DEVELOPMENT OPPORTUNITIES

Read about opportunities for Mediation training, a Public Engagement masterclass, an upcoming WIHEA seminar, and the chance to participate in telling your workplace wellbeing story.

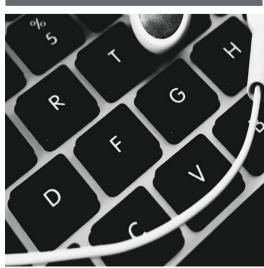
More details on pages 3 and 4.



VIRTUAL WORKSHOP AVAILABILITY

Overview of virtual workshop availability for Researchers.

More details on page 4.



HYBRID WORKING

Explore support resources available to help staff and managers prepare for hybrid working, where this is possible for your role. Helpful guides, recorded webinars, checklists and drop-in centres exist for managers to help them consider the changes they may need to make. For staff, a number of resources are available to help you get the most from hybrid working.





Raising Mental Health Awareness

In line with the University of Warwick Wellbeing Strategy, this bespoke training session helps to embed the importance of wellbeing and mental health university wide.

Mental health affects everyone. This 2.5-hour session will increase awareness and understanding of mental health issues and help to build confidence and competence in responding to mental health difficulties.

The session is aimed at all staff at the University of Warwick, and has been designed by University of Warwick staff who are experienced practitioners in mental health-related issues.

Session Objectives

You will learn about factors which lead to the development of mental health difficulties and how to respond appropriately to signs of distress.

By the end of the session, you will have:

- Greater awareness and understanding of mental health issues
- Increased confidence in recognising mental health needs
- Increased competence in knowing what to do when you identify mental health issues

For more information and to book a place on a workshop or join the mailing list for future sessions, visit the <u>Raising Mental Health Awareness webpage</u>.

Interview skills resources

<u>A new resource around interview skills</u> has been produced by Student Opportunity, which staff are welcome to access.

There are a series of interview advice playlists, videos illustrating the different types of interview questions with modelled 'good' and 'bad' interview responses and commentary, and tips for interview preparation.



Development Opportunities

Warwick Mediation training course - online

Week commencing 21st March 2022: Mon, Tues, Thurs and Fri

This online course is running in week commencing 21 March 2022 over four days (not Wednesday) and leads to accreditation as a mediator. Places are very limited and given on a first come, first served basis.

The course:

The intensive nationally and internationally accredited mediation training course is delivered by a leading mediation provider, Emma McAndry of <u>Essential Mediation Solutions</u>, via Teams over four days (a mix of self-study and online live sessions) and leads to accreditation as a mediator with options to obtain Civil Mediation Council/International Mediation Institute accreditation. The usual cost of the course is £1500 but places are being offered to Warwick staff and students and guests at £500 (plus £50 for CMC/IMI accreditation assessment if required).

Feedback:

"The course had a clear, easy-to follow structure, the material provided was of very high quality and the delivery was excellent. It was in equal measure enjoyable and challenging, which is not an easy feat. The integration of conceptual background and practical application was seamless. Emma's knowledge, experience and enthusiasm for the subject was invaluable.

I was definitely pushed out of my comfort zone, but in a way that helped me to develop skills that I did not have previously. I feel I learned more in the last 4 days than I have in the last 12 months! And I have not only learned much about mediation but also how to deliver a successful online course.

Thank you Emma, this week was the highlight of my academic year!"

Academic staff member, University of Warwick.

Information and bookings:

Email <u>Emma McAndry</u> with your <u>completed booking form</u> to secure a place or email Emma or <u>Dr Jane</u> <u>Bryan</u> for more information.



<u>Public Engagement Masterclass: Taking your presenting skills to</u> the next level

Wednesday 23 March, 10am-12:30pm / 1:30pm-4pm, Faculty of Arts Building

If you're a keen public engager who'd like to know how to make your presentations more impactful then this is the session for you. We've invited Anna Ploszajski, an award winning communicator, to join us for this multidisciplinary engagement masterclass on taking your presentations to the next level.

Upcoming WIHEA seminar

Thursday 7 April 2022, 2-3.30pm (via Microsoft Teams)

Register <u>for this interactive and discursive WIHEA online seminar</u> exploring the wider implications of the pandemic on the future of HE, as we reflect on what can be learned from the past years to develop more hopeful and equitable post-pandemic approaches to digital technologies and education.

Got a story to tell about workplace wellbeing?

Join us to unlock, express and creatively exchange experiences in words that illuminate everyday work practices.

<u>Circle</u> and engagement with the <u>Warwick Wellbeing Strategy</u>. Our primary interest at this stage is to explore different ways of talking and thinking about workplace wellbeing with different stakeholder groups across the University. The aim is to help locating and illuminating ways in which institutional work practices, processes, and procedures, in a post Covid-19 landscape, enhance and/or inhibit the wellbeing of student-facing staff (including non-academic staff and PGRs) at Warwick.

Have you got something to say about workplace wellbeing? Got 10mins to spare? Help us find the words to tell your story using our anonymous submission form.

Virtual workshop availability for Researchers

Research Career 5 Series: How to Manage your Career	10 March
Research Staff Forum	14 March
Academic Writing: Writing for Publication	6 April