Half corner

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| Nurturing Staff Wellbeing | | |
| A programme for you and your team | | |
| EnvelopeContact: jenni.kerr@glasgow.gov.uk | Glasgow Nurture and Glasgow Educational Psychology Service have developed a pack ‘Nurturing staff wellbeing’, with lots of activities, videos & relaxation audio materials you can use yourself or with your staff team. There are 4 sessions delivered online through teams by Jenni Kerr, Nurture Development Officer. | |
| 31st Jan 3.30 – 4.30  Nurturing staff wellbeing – ways to nurture wellbeing | 28th Feb 3.30 – 4.30  Managing challenges - coping with change, time management, |
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|  | 28th Mar 3.30 – 4.30  Positive Psychology strategies | 25th April 3.30 – 4.30  Relaxation & self regulation |