

# Health and Wellbeing Champions: Development sessions, Jan 2022- March 2023



In order to support the rollout of Health and Wellbeing Champions across the NHS, NHS E&I are continuing the offer of optional monthly development sessions, available nationally to all Health and Wellbeing Champions.

Further information and resources that have been developed for Health and Wellbeing Champions [can be found here.](#)



Date (12-1pm)	Theme	Registration Link
13 January 2022	Supporting diversity within your organisation	<a href="#">Click here to sign up</a>
26 January 2022	NHS x IGF: How learning from the Invictus Games Competitors can support your wellbeing (Part one)	<a href="#">Click here to sign up</a>
31 January 2022	How you can support your colleagues who are experiencing symptoms of Long Covid	<a href="#">Click here to sign up</a>
8 February 2022	NHS x Headspace: Approaching change and anxiety with mindfulness	<a href="#">Click here to sign up</a>
17 February 2022	Understanding the role of the Wellbeing Guardian	<a href="#">Click here to sign up</a>
23 February 2022	NHS x IGF: How learning from the Invictus Games Competitors can support your wellbeing (Part two)	<a href="#">Click here to sign up</a>
17 March 2022	The importance of a good night's sleep	<a href="#">Click here to sign up</a>
30 March 2022	NHS x IGF: How learning from the Invictus Games Competitors can support your wellbeing (Part three)	<a href="#">Click here to sign up</a>
14 April 2022	What can the staff mental health hubs offer our NHS people?	<a href="#">Click here to sign up</a>
27 April 2022	NHS x IGF: How learning from the Invictus Games Competitors can support your wellbeing (Part four)	<a href="#">Click here to sign up</a>
3 May 2022	NHS x Headspace: Supporting colleagues through mindful eating and mindful movement	<a href="#">Click here to sign up</a>
12 May 2022	Supporting you to stay up to date and motivated within your role as a Champion (an update on the national support offer)	<a href="#">Click here to sign up</a>

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16 June 2022	Looking after your physical health and encouraging others to do so	<a href="#">Click here to sign up</a>
14 July 2022	Enhancing safety and reducing violence for NHS staff	<a href="#">Click here to sign up</a>
2 August 2022	NHS x Headspace: An introduction to the science of mindfulness and meditation	<a href="#">Click here to sign up</a>
18 August 2022	Creating cultures of kindness and compassion	<a href="#">Click here to sign up</a>
15 September 2022	Supporting colleagues with financial difficulties and managing money	<a href="#">Click here to sign up</a>
13 October 2022	The value of a Wellbeing Conversation- recognising the signs of burnout	<a href="#">Click here to sign up</a>
1 November 2022	NHS x Headspace: Supporting those going through the menopause	<a href="#">Click here to sign up</a>
17 November 2022	Supporting the health and wellbeing of your male colleagues	<a href="#">Click here to sign up</a>
15 December 2022	Being inclusive over the festive period	<a href="#">Click here to sign up</a>
19 January 2023	Supporting your colleagues with their emotional wellbeing	<a href="#">Click here to sign up</a>
16 February 2023	Your personal development – what's next for you as a Champion?	<a href="#">Click here to sign up</a>
16 March 2023	Celebrating success, two years of HWB Champions	<a href="#">Click here to sign up</a>