Joined Up Care Derbyshire

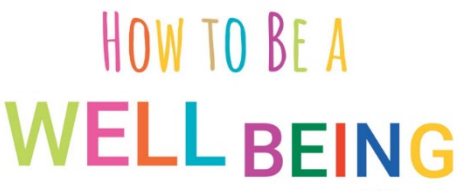
NHS
Derby and Derbyshire
Clinical Commissioning Group

How to be a 'Well' Being

For Derby and Derbyshire School Staff

Monday 14 June 2021 - 15:45-16:45

Fully funded by NHS Derby and Derbyshire CCG and delivered by Sanj Sandhu from Art of Brilliance





Sanj Sandhu

Your 'WELL' BEING is your competitive advantage. The version of you that is positive, not just physically but emotionally and psychologically, especially during this time, is one the world needs.

We know it can be exhausting to be staring at a screen all day. 'Online fatigue' is now a mainstream topic.

Together, we will explore how to get your head and heart around doing things differently in this new world. We will uncover the positive practices, attitudes and behaviours you will need to spring forward into your future.

This webinar (based on the book) focuses on the simple science of what creates and sustains wellbeing. It is about grooving good habits into your life.

Intended Outcomes:

Inspired through practical tips and guidance during the session and immediately afterwards, you will be empowered and equipped to:

- take proactive charge of your wellbeing
- encourage positive health behaviours in others

Course fee £0.00

Places are limited. To book, go to our June 2021 events . This course is hosted online via **MS Teams**. To join the session, click on **'View the event'** in your booking confirmation email.

Visit Derby and Derbyshire Emotional Health and Wellbeing.uk for resources and other courses.

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Cancellations and Non-attendance

If you are unable to attend for any reason, please cancel or amend your place via Eventbrite using the email address you registered with. You can also access your booking via your original confirmation email. Alternatively, please email us as soon as possible at training.events@derbyshire.gov.uk as non-attendance deprives other delegates of a place.

Although these are advertised as fully funded events, all courses incur costs to cover the tutor, resources and administration. As this is public money being invested in training across Derby City and Derbyshire, we have a duty to use it responsibly.

Data Protection Statement:

Data relevant to your personal details will be stored in a secure information system within Derbyshire County Council's Integrated Workforce Development Section. We use the information you provide to complete DfE returns and any other statutory Government returns as required by law.

The above personal information will be used in order that Derbyshire County Council can retain a record of your training activity. The information will be retained securely by the Council in line with Derbyshire County Council's retention schedule.

Your information will not be shared with any third parties without your consent, except for when we are required to do so by law.

For more information on how Derbyshire County Council uses data we hold about you, how long we keep it and your rights relating to it, e.g. to have it corrected, erased, restricted, transferred or to see your data, please go to our website at www.derbyshire.gov.uk/gdpr . If you would like to contact Derbyshire County Council's Data Protection Officer, please email GDPR@derbyshire.gov.uk . You have the right to contact the Information Commissioner's Office if you have any concerns about how Derbyshire County Council handle your data.

By submitting this form, I agree I have read the above Data Protection Declaration and agree with these terms. I certify that the information provided on this application is true and correct.