

Winter 2021/2

Learn at Lunch events

Dates for your diary

effective meetings 04/03/22

- Facilitated by Tim Sims
- Who previously delivered the recent learn at lunch on VUCA
- Tim will look at how to audit the meetings you attend!
- He will consider what is needed for effective leadership of meetings: what should you expect
- Lots of top tips and ideas. We all spend lots of time in meetings with colleagues so they need to be beneficial
- Zoom codes to follow

menopause matters 24/03/22

- Facilitated by Sarah Fereday
- Sarah works as a Health and Wellbeing Manager with an MSC in mindfulness and compassion
- Sarah will devote the full hour to focusing on the menopause and trying to advise on everything that women and men need to know about the subject!
- The session will be interactive, with polls, discussion and opportunities to raise relevant questions
- Zoom codes to follow