









Webinars for personal development in times of change		<p>To further support you during these changing circumstances, we are offering the following sessions to allow you to build your skills and allow you to thrive in times of change:</p> <ul style="list-style-type: none"> • Maintaining positivity during lockdown Tuesday, 1 June (11:00am - 12:00pm) • Self-compassion Wednesday, 2 June (11:00am - 12:00pm) • Understanding our emotional needs and wellbeing Friday, 4 June (11:00am - 12:00pm) <p>Register to secure your place</p>
Exercise and movement		<p>Keeping active is important for your physical and mental health. If you are looking for daily movement ideas, why not join a short exercise or meditation session to complement your daily routine.</p> <p>The Health and wellbeing webpage contains a list of great online resources for maintaining movement, stretching and mindfulness. Here are a few other options to consider:</p> <ul style="list-style-type: none"> • FedMoves snap lockdown challenge - download the FedMoves app to join this challenge and access home-based movement and exercise options. • stream and enjoy a UniSports' Pilates session (33 minute video, 132MB) • stream and enjoy a Meditation session (18 minute video, 46MB) • check out the UniSports webpage for upcoming virtual group exercise classes
Professional development and online training		<p>You are encouraged to continue accessing upcoming professional development programs by signing up for a program via ELMO. If you are yet to complete your mandatory compliance module in ELMO, please plan time to log in and complete these.</p> <ul style="list-style-type: none"> • Professional development – June 2021 programs • Log into the ELMO online learning management system here to complete any outstanding compliance training (please use Google Chrome)
LinkedIn Learning		<p>LinkedIn Learning supports our learning and development approach and offers you access to bite-sized, flexible and on-demand learning with a focus on contemporary skills development – for both professional and personal purposes.</p> <p>Take a few moments to explore LinkedIn Learning to identify areas of interest that align with your personal goals. Why not start with some of these courses:</p> <ul style="list-style-type: none"> • How to set boundaries and protect your time • How to manage feeling overwhelmed • Building resilience • Winding down: Get a better night's sleep • Supporting your kid's learning from home <p>If you haven't yet activated your account, go to the activate your LinkedIn Learning account page (access is free for Federation University staff).</p>

Lunch and learn recordings		<p>Our 'lunch and learn' sessions are designed to provide you with information and assistance in a range of areas that support your personal and professional needs and interests.</p> <p>With over 30 sessions delivered to date, you can access the 'lunch and learn' recordings and resources to increase your knowledge and support your wellbeing in a broad range of areas – including mindfulness, sleep, movement, diet, finance and resilience just to name a few.</p> <p>You can check out the catalogue of sessions on the Health and wellbeing webpage. Here are a few suggestions to start with:</p> <ul style="list-style-type: none"> • Exercise Right – how to safely get the most out of your exercise regimen (44 minute video, 88MB) • How to boost productivity and manage disruptions while working from home (45 minute video, 129MB) • Improving mental health through diet and nutrition (44 minute video, 83MB) • Demystifying counselling and support services through EAP (24 minute video, 48MB)
ELMO modules to support hybrid work		<p>As we continue to adapt to new and changes work circumstances, you are encouraged to completed or review the online learning modules designed to help you adapt and thrive in a hybrid workplace.</p> <p>Log in to the ELMO online learning management system to access these learning modules:</p> <ul style="list-style-type: none"> • Building blocks for working virtually • Building resilience - skills to thrive at work • Mindfulness and wellbeing for peak performance
Resources for managers and supervisors		<ul style="list-style-type: none"> • Creating a mentally healthier workplace checklist (docx, 112kb) • Creating mentally healthier workplaces - managers and supervisors Webinar (64 minute video, 120MB) • ELMO modules to assist with building and maintaining your team virtually include: <ul style="list-style-type: none"> - Mentally healthy workplaces in a virtual environment - Leading virtual teams
Other useful resources		<p>It is also timely to remind you of the other resources available, such as:</p> <ul style="list-style-type: none"> • resources, tips and tricks for working parents • a comprehensive range of health and wellbeing programs and online resources to assist you • the Mental health and wellbeing information guide (pdf, 620kb) • mindfulness exercise sessions with iMindTime • Toolkits to help you navigate through the options while working from home • a suite of COVID-19 support for staff resources • you can also find out more via our Coronavirus Response webpage including direct links to the latest government advice on public health and current restrictions.