

From: [Director HR](#)
To: [FedUniStaff](#)
Subject: Health and wellbeing initiatives
Date: Tuesday, 8 September 2020 3:56:04 PM



Health and
Wellbeing

Director

Human Resources

Tuesday, 8 September 2020

Dear colleagues,

Over the past six weeks the Human Resources team have implemented numerous health and wellbeing initiatives designed to support you, as we all continue to adjust to new ways of working and living to keep ourselves, our families and our communities safe.

The importance of maintaining mental and physical health has been a key focus of the initiatives as we navigate the changing circumstances of the pandemic. The [Mental health and wellbeing information guide \(pdf, 620kb\)](#) has provided guidelines, daily routines and positive approaches to work and problem-solving, to ensure you thrive in a productive and safe work environment.

There has been an overwhelmingly positive response from those who have been engaging and benefiting from the health and wellbeing initiatives, which have included:

- meditation and exercise sessions
- 'lunch and learn' sessions
- Motivational Monday and Wellness Wednesday newsletters
- webinars for managers.

We are pleased to announce that, as part of our ongoing commitment to health and wellbeing, the Human Resources team are developing a new schedule to continue delivering these initiatives until the end of 2020, at which time we will assess and revise our offerings.

The new schedule of initiatives will be launched on **Monday, 21 September 2020**.

In the interim, we will continue to provide you with the benefits of a weekly wellness newsletter, meditation and physical exercise sessions, and a series of 'lunch and learn' events.

In addition to these initiatives, we are excited to announce new **ZUMBA exercise classes** will be run twice a week from this Thursday, 10 September 2020, for a period of four weeks. Register your interest and join in these fun and exciting exercise classes by emailing hr@federation.edu.au.

We encourage you to continue to take the time to prioritise your self-care and wellbeing. By incorporating these activities and programs into your daily routine, you will emerge stronger, with a more positive mindset, and ready to thrive in your work and personal life.

Over the next week we will also be seeking your feedback on other ways we can help support you during this time.

Stay well,

Deborah Walker
Director, Human Resources

