



COMMUNICATIONS

Free Online Workshop: Managing your Well-Being and work during a pandemic

Thursday 1 October 2020 – 12h30 (Geneva time)

63/20

Geneva

24 September 2020

To: All members

From: Evelyn Kortum – FICSA General Secretary

Dear colleagues,

In recent months you will have had the first-hand experience of what it feels like to have to work from home, to be responsible for managing your work-day without having a face to face conversation, and for many, there will have been a steep learning curve on the topic of home-schooling.

As we all continue to be affected by constant change, having to adapt to new restrictions on a frequent basis it's important that you focus not only on how you manage your work, but also your well-being.

As a follow-on from the masterclass held in March this year (Working from Home), Gwyneth Letherbarrow, Professional Development Coach, is proposing a 60-minute lunchtime workshop (online) for all our contributing members on Thursday 1 October 2020 at 12:30 Europe time.

You can find the details about how to register here: <http://bit.ly/Well-Being-And-Work>

Please share this invitation with all your affiliated members.