

Mindfulness for Workforce Wellbeing

8 October 2019

9.15am to 13.30pm

Homerton College, Cambridge

We at NIHR ARC EoE are looking to build a collaboration across the region to develop research that evaluates the effectiveness of wellbeing programmes for the Health and Social Care workforce, with a particular (but not exclusive) focus on Mindfulness.

AIMS

Through a mix of presentations, interactive discussions and networking, this event aims to:

- Look at mindfulness research with workplaces and for health promotion currently happening across the east of England
- Explore the provision and evaluation of mindfulness training within health and social care organisations in our region
- Short-list potential individual, organisational, care quality, and patient/service user outcome measures that meet both scientific and practice applications
- Identify synergies that could inform the development of a collaborative research project

WHO SHOULD ATTEND?

- Health and Social Care Leads who have responsibility for workforce wellbeing
- Health and Social Care Leads and staff with experience in delivering and/or attending wellbeing programmes in the workplace
- Researchers with experience in mindfulness and/or other wellbeing programme research

REGISTER NOW: <https://bit.ly/2MZKu7w>

if you have any questions about the event, please contact Lorna Jacobs

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Full URL: <https://www.clahrc-eoe.nihr.ac.uk/events/mindfulness-for-workforce-wellbeing-event/>



National Work Life Week

We are holding this event during the [National Work Life Week](#), which runs 7th to 11th October. The [Working Families organisation](#) holds this annual initiative aims to encourage both employers and their employees to talk about wellbeing at work and work life balance