**Invitation to Wellbeing Session**

BNSSG Training Hub is running an online **Wellbeing Workshop** on **Tuesday 5th October 2021 from 2 – 5.30pm** which we would like to invite you to.

Our speaker is Hannah Miller, founding director of Sidekick and a Gallup certified strengths coach. Please see this link for her bio: <https://www.hellosidekick.co/team/hannah/>

Here is a taster of what to expect during this 3 hour session: How is your well-being? Together we will be looking at the Gallup research into Well-Being - rooted in science and actionable in your daily life. We will learn about the 5 areas of well-being, what they are, what they look like in our lives and how we might take steps to improve them. Small acts of progress are still progress. We will action plan together and aim to shift that needle towards a healthy, thriving lifestyle.

If you would like to attend please send an email to jessie.saul@nhs.net. A Zoom link for the event will also be sent closer to the time.

Please book your place no later than **1st September 2021.**