

# Organisational & Professional Development Newsletter

Wellbeing Edition – April 2020

## Your community, your wellbeing

During this time, it's important to come together to support one another. Over the coming months we're holding themed Wellbeing Weeks, with opportunities to share our perspectives: what's working for us in our personal and professional lives, and what the research says that can help us. Our third session is:

### Work-Life Balance

Wednesday 6<sup>th</sup> May 2020 @ 1:45 – 2:30pm

Work-life balance can be particularly difficult at the moment. How can we leave work at the door, when we are no longer going out of the door?

Join us for **Wellbeing Webinar Series Week 3: Work-Life Balance**.

We'll be joined by Philippa Lloyd, our Vice Principal of Policy and Strategic Partnerships, and Dominique Jethwa, Student Experience and Support Manager. We'll be discussing:

- Why is work-life balance important?
- How do we keep our work-life balance?
- What can we do if we're struggling?

The day before the webinar, you will receive a calendar invite with a link to the MS Teams meeting that will allow you to access the webinar.

To book, go to our [course bookings](#) site and search for "wellbeing series".



---

## Previous Webinars



You may not have had the chance to listen live to our two previous webinars, **Beating Corona Anxiety** and **Work-Home Parent**.

We are currently working to make these available to stream or download – please watch this space!

Please contact us at [profdev@qmul.ac.uk](mailto:profdev@qmul.ac.uk) with any queries.

[Forwarded this email? Click here to subscribe.](#)

[Click here to unsubscribe.](#)