



Clackmannanshire
Council

www.clacks.gov.uk

Comhairle Siorrachd
Chlach Mhanann

Wed 24th November
to Fri 3rd December

Wednesday 24th Nov		
12:00 - 12:30	Clacks Weekly Staff Walk - meet at Kilncraigs	Walk led by Kenny Cook, Clacks Sports Development Max 20 To Book ▶
14:00 - 15:00	Work Life Balance (online)	Paul Wilson, Workplace Chaplaincy Scotland Max 30 To Book ▶
15:30 - 16:30	Recognising Burnout, Creating Balance (online)	Recorded webinar - The Charity for Civil Servants No Limit To Book ▶
Thursday 25th Nov		
13:00 - 13:40	Sedentary Behaviour and impacts on health (online)	Kenny Cook, Clacks Sports Development Max 30 To Book ▶
14:00 - 15:00	Managing Working Parenthood in Current Times (online)	Recorded Webinar - National Wellbeing Hub, Health Workforce Directorate Scottish Government No limit To Book ▶
Friday 26th Nov		
11:00 - 12:00	Keep Well (online)	Jim Leishman, Keep Well (NHS Health Scotland) No Limit To Book ▶
17:30 - 18:30	Staff Yoga Session (online)	Jaki Reid - Clacks Education Service & Yoga Instructor No Limit To Book ▶
Monday 29th Nov		
15:30 - 16:30	Avoiding Burnout (online)	Recorded webinar - The Charity for Civil Servants No Limit To Book ▶
Tuesday 30th Nov		
14:00 - 15:00	Managing Stress in Daily Life	Kristina Azubalyte , Clacks Edu Psychology No Limit To Book ▶
15:30 - 16:30	Mental Wellbeing - Physical health (online)	Emma Davies, Time for Talking & The Therapeutic Counselling (TCS) Group No Limit To Book ▶
17:30 - 18:30	Staff Yoga Session - In person @ Lornshill Academy Dance Studio	Jaki Reid - Clacks Education Service & Yoga instructor Max 20 To Book ▶
Wednesday 1st Dec		
11:00 - 12:00	Trauma in the Workplace (online)	Paul Wilson, Workplace Chaplaincy Scotland Max 30 To Book ▶
12:00 - 12:30	Clacks Weekly Staff Walk - meet at Kelliebank	Walk led by Kenny Cook, Clacks Sports Development Max 20 To Book ▶
15:30 - 16:30	Building Psychological Resilience & Wellbeing (online)	Emma Davies, Time for Talking & The Therapeutic Counselling (TCS) Group No Limit To Book ▶
Thursday 2nd Dec		
13:00 - 14:00	Mindfulness	Lesley Craig, Clacks Edu Psychology No Limit To Book ▶
15:30 - 16:30	Stronger through Adversity (online)	Emma Davies, Time for Talking & The Therapeutic Counselling (TCS) Group No Limit To Book ▶
Friday 3rd Dec		
11:00 - 12:00	Bereavement (online)	Paul Wilson, Workplace Chaplaincy Scotland Max 30 To Book ▶
13:00 - 13:40	TogetherAll - Get Support, Take Control & Feel Better	Roisin Lynch, Togetherall Max 60 To Book ▶
14:00 - 15:30	Winter Wellbeing Workshop (online)	Shelly Diprose, Optima Health Max 60 To Book ▶