



Staff Psychological Wellbeing Hub

January 2026

Workshop dates for your Diary

Tuesday

6th January - 1.00pm- 2.00pm

Positivity in the New Year

13th Jan - 1.00pm - 2.00pm

Finding your Ikigai

20th Jan - 1.00pm - 2.00pm

Building Self-Acceptance

27th Jan - 1.00pm - 2.00pm

Introduction to Sleep

Thursday

8th Jan - 10.00am - 11.00am

Positivity in the New Year

15th Jan - 10.00am - 11.00am

Finding your Ikigai

22nd Jan - 10.00am - 11.00am

Building Self-Acceptance

29th Jan - 10.00am - 11.00am

Introduction to Sleep

To register for our workshop(s), please click on the workshop name on the poster.

If you have a paper copy version of this poster, please contact the hub on the email below for an electronic version so that you can access the link(s).

Self Refer Online:

<https://staffpsychologicalwellbeinghub.com/>

Call us:

0300 303 5406 (Open 9.00am - 5.00pm - Monday - Friday)

Email us:

staffwellbeinghub@staffsstoke.icb.nhs.uk

Twitter:

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