

Staff Psychological Wellbeing Hub

April 2025

Workshop Dates for your Diary

Tuesday

1st April - 1.00pm - 2.00pm

Introduction to Imposter
Syndrome

8th April - 1.00pm - 2.00pm

Workplace Loneliness

15th April - 1.00pm - 2.00pm

The Power of Introverts

22nd April - 1.00pm - 2.00pm

Grief and Bereavement

29th April - 1.00pm - 2.00pm

Introduction to Anxiety

Thursday

3rd April - 10.00am - 11.00am

Introduction to Imposter
Syndrome

10th April - 10.00am - 11.00am

Workplace Loneliness

17th April - 10.00am - 11.00am

The Power of Introverts

24th April - 10.00am - 11.00am

Grief and Bereavement

1st May - 10.00am - 11.00am

Introduction to Anxiety

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

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:

@StaffsStokeWH

