

Workplace Events

WHAT'S ON?



At Business in the Community, our goal is to support employers to create resilient and inclusive workplaces where people are supported to be the best we can be.

We have a range of online and in-person events available to help get your organisation take action to improve the health and wellbeing of its employees. So, whether it's line manager training or free health sessions for employees, check out our upcoming events to find out more.

OCTOBER

06 Link & Learn: Mindful Leadership | 10 – 11:30 am

Facilitated by Ambest this in-person session will explore the importance of mindful leadership as well as tips and techniques managers and leaders can implement to be a more mindful leader

[Book now](#)

11 Monthly Mover: 15-minute Desk Yoga | 10 – 10:15 am

This 15-minute desk yoga session is a quick movement session to help you release tension out of the shoulders, neck and back

[Book now](#)

12 Nutrition for Menopause | 10 – 10:45 am

Delivered by a registered Dietitian this session will focus on foods, nutrients and nutritional strategies that can help mitigate symptoms and health risks of the menopause

[Book now](#)

12 Menopause Training for Line Managers | 11 – 12 pm

This taster menopause training session will allow managers and leaders to gain a basic awareness on menopause and how to support menopause in the workplace

[Book now](#)

OCTOBER

17 Mental Health & Suicide Prevention Awareness | 9:30 am – 12:30 pm

Facilitated by Fresh Minds Education, this session is aimed at anyone interested in raising their awareness of suicide prevention and mental health in order to take personal action that will help save lives, improve wellbeing, whether for themselves or loved ones

[Book now](#)

18 Age-Inclusive Learning Network: Developing a flexible culture for older staff | 11 am – 12:30 pm

Facilitated by Hays Recruitment, this session will explore how employers can create an environment that supports the competing demands upon older workers

[Book now](#)

19 Take 5 Awards Day | 10 am – 2 pm

Event is for Take 5 companies only at Dunsilly Hotel

26 Link & Learn: Supporting Disability in the workplace | 10 – 11:30 am

Delivered by pan-disability organisation Disability Action and public transport provider Translink, this Link & Learn session will give employers practical advice on how they can support and meet the needs of disabled people in the workplace

[Book now](#)

NOVEMBER

Movember Month Delivery

In partnership with Age NI, we are excited to offer a FREE session for your organisation as part of our Movember programme where we take a science-based approach to providing men over 50 with tips and recommendations for better health and wellbeing.

Click [here](#) to choose a date and time that suits.

08 Monthly Mover: 15-minute Desk Yoga | 10 – 10:15 am

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[Book now](#)

22 Age-Inclusive Learning Network: Supporting staff to age well and to manage health conditions | 10 – 10:15 am

Facilitated by Health Matters, this session will look at the effects of aging and how employers can support their workers to age well and to manage health issues effectively.

[Book now](#)

To find out more, email workplace@bitcni.org.uk or visit www.bitcni.org.uk/wellbeing