



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.

JANUARY

Registration Month | Take 5 Steps to Wellbeing Workplace Accreditation

The Take 5 Accreditation provides leaders within the workplace with the tools and guidance to audit their current wellbeing activities, to see what they're doing well and to identify gaps in their approach.

[Apply for a place](#)

23 Monthly Mover: 15-minute Desk Yoga | 10:30 – 10:45 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](#)

24 Age-Inclusive Learning Network: Caring for carers | 11:00 am – 12:30 pm

Facilitated by ThereHuman, this session will offer guidance to HR and Line Managers on how to support employees who have caring responsibilities

[Book now](#)

31 Healthier You: Nutrition tips for a healthier 2024 | 10 – 10:45 am

Facilitated by a registered Dietitian, this session will provide you with useful tips on how to create long-lasting change with your diet and lifestyle for 2024

[Book now](#)

FEBRUARY

6 Collaborate and Connect: Empowering 50+ employment | 11 – 11:45 am

Join us for a workshop to find out how collaborating with the Age at Work programme can help you to deliver the goals of your employability and skills projects

[Book now](#)

19 Age-Inclusive Learning Network: Inclusive recruitment | 11 am – 12:30 pm

This learning network is designed to give employers an awareness of age discrimination in the workplace and explores some of the key issues in relation to recruiting and retaining employees

[Book now](#)

20 Monthly Mover: 15-minute Desk Yoga | 10:30 – 10:45 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](#)

20 Link & Learn: Employers – Help your people know the fatal five when driving | 2 – 3 pm

This short session, in partnership with the PSNI and U105, will highlight the reality on our roads for commuters, those who drive for work, and drivers in general

[Book now](#)

27 Healthier You: Looking after your heart | 10 – 10:45 am

Facilitated by a registered Dietitian this session will provide you with useful tips on how to create long-lasting change with your diet and lifestyle to improve heart health

[Book now](#)

MARCH

13 Age at Work Exchange: Unlocking opportunities | 9 – 11:30 am

An ageing workforce brings unique challenges, considerations and opportunities to your workplace. Join us at this Age at Work event to discuss and hear more about what your business needs to consider now in order to thrive in the future. Perfect for HR, D&I, DEI, Recruitment and Operations professionals.

[Book now](#)

19 Monthly Mover: 15-minute Desk Yoga | 10:30 – 10:45 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](#)

20 Healthier You: Food & nutrition to reduce cancer risk | 10:30 – 10:45 am

Facilitated by a registered Dietitian, this session will provide you with useful tips on how to create long-lasting change with your diet and lifestyle to reduce cancer risk

[Book now](#)

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