




BUSINESS IMPROVEMENT DISTRICT





# MENTAL HEALTH AWARENESS WEEK 15 – 21 MAY: THIS YEAR'S THEME IS ANXIETY

To align with Mental Health Awareness week 15 - 21 May, the BID is providing 3 well-being sessions during this time. These workshops aim to build awareness and practical tips in a personable way. All have different content and are stand-alone, you can attend any one or all of them and learn something new each time. At the heart of all 3 is the theme of this year's Mental Health Awareness Week, anxiety.

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# Mental Health Awareness Week 15 – 21 May

## About Maisy Maddox

As a communication and change consultant for PwC Consulting and IBM for over 10 years, Maisy retrained as a Leadership and Life coach and for the last 15 years has worked with individuals, businesses and families. In December 2016, Maisy joined Untapped AI as a Lead Coach responsible for a team of coaches working alongside global leaders all over the world for this online, coaching platform. She's also the organisation's Performance Lead.

*Workshops - 12:30 hrs online, there will be limited availability for each session.*

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## 16 May

**Healthy minds** - is a 45 minute online training to help participants think about ways to take care of their own mental health as well as colleagues, friends and family. It covers pressure, stress and anxiety and ways to deal with it as well as what your own stress container looks like, mental load and micro-stresses. We think together about how to recognise and limit the impact these can have.

<https://us06web.zoom.us/j/86896581617>

## 18 May

**Stress, Pressure, Burnout and Anxiety** - is a 45 minute online workshop to help you spot the signs and symptoms of burnout and pre-burnout. To think about ways to handle stress and pressure and alleviate anxiety as well as overcoming self-defeating habits. I also include a section on happiness hormones and chemicals and how to hack them.

<https://us06web.zoom.us/j/88361990352>

## 19 May

**Human Beings, not Human Doings** - This is a 45 minute online workshop to help you think about prioritising yourself in your work and in life. Workload, pressure and technology make it hard to switch off we'll talk about ways to make this happen to re-centre and better focus and to make time to pause and reflect and think about what can happen when you do make time for yourself and be more in the moment than in the past or the future.

<https://us06web.zoom.us/j/82275160727>



Your members are also welcome to a free 30 minute exploratory coaching conversation with me to see if I can help with any specific actions or goals they want to achieve and feel they could benefit from challenge and support to make them happen.