BELONG AND GROW WEEK

“it’s your BAG”

18-22 May 2020

Our plans for BAG week 2020 have changed in line with the current situation and the need to stay safe. Although we are not able to have face to face sessions during the week, we want to encourage you to take time during week commencing 18 May for your personal development and wellbeing, so we have redesigned ‘BAG’ week to feature remote sessions.

All of this year’s virtual events will be held by Zoom, Teams, or webinar. Please view the details of each event and book the ones you would like to attend through Staff Connect. Search ‘BAG’ in Staff Connect. You will then receive a link to the event a couple of days before the scheduled date.

We also have webinars and Blogs that you can view at your leisure throughout the week – details are below and the links to these will be added to our blog. This will be updated with all the latest information and details of how you can access events.

This event has been organised by Learning & Organisational Development, in conjunction with external providers, members of staff and students.

If you have any questions, please email: LDev@kent.ac.uk

Bookable events to be held virtually. Please book these through Staff Connect:

Monday 18 May	
10.00-11.30	Interview skills session with Claire Chapman and Loretta Izod.
14.00-15.30	CV Writing with Loretta Izod.
Tuesday 19 May	
09.00-16.30	A full day Pre-Retirement session, facilitated by Planned Future, aimed at age 50+
10.00-12.00	Mental Health for Line Managers with Anna Minogue.
11.00-12.00	Creative Writing with Steve Cope.
13.30-16.00	A half-day Mid-Career workshop, facilitated by Planned Future.
14.00-16.00	Mental Health for Line Managers with Anna Minogue.
Wednesday 20 May	
13.00-14.30	Parenting during lockdown facilitated by Minna Janhonen.
Thursday 21 May	
10.00-12.00	Self-Limiting Beliefs (and how to overcome them) with Ali Whelan.
15.00-16.00	Writing for Wellbeing with Steve Cope.
Friday 22 May	
10.00-11.30	Learning through a mentoring partnership with Lyn McBriar.

Events to access anytime during the week

Details of these events and how to access them, will be in our blog. The blog will be updated regularly.

Learning at Work Week	Learning at Work Week is going ‘On Air, Online’. The Campaign for Learning will still be offering a number of exciting live and online learning activities.
BAME Network	Talking Heads. All about the Network.
CoppaFeel! Uni Boob Team presentation	Access to a previous Facebook live. Including specific tips of boob checking in isolation.
Kent Sport Events	May be offering some sessions via Via Stay Well @ Home.
Webinars from Sodexo – Employee Assistance Programme (EAP)	Webinars to access – subjects such as, coping mechanisms around Covid-19, sleep, bereavement, mental health and many more.
Age related issues, with Covid 19 in mind	A blog by Sarah Vickerstaff.
Digital Accessibility – Accessibility pledge and online conference	A blog by Ben Watson and Natalia Crisanti.
Microsoft Teams Training	Training webinars from our IT Team.
Working from Home	A blog by Carin Tunaker.

Download the Wellbeing Zone Hub: https://kent.wellbeingzone.co.uk

Follow the week on Social media and share your thoughts

@UoKLDev **unikentlearndev** **#bagweek**

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With thanks to our external suppliers:

CoppaFeel!

Planned Future

Sodexo

Anna Minogue

Details of the Staff Networks and contacts:

Women's Network

Disability Staff Network

EDI Network

Harassment Contacts Network

LGBT Network

BAME Network

CoppaFeel! KNOWING YOUR BOOBS COULD SAVE YOUR LIFE

Planned Future Workplace Financial Education

sodexo QUALITY OF LIFE SERVICES

Athena SWAN Bronze Award

Apprenticeships

Care first employee assistance solutions

Learning at Work Week 18th-24th May 2020

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