

Everyday Skills: Health and Wellbeing in the Workplace



Thursday, 23 February 2023
Impact Arts, Glasgow

9:30am Registration and Networking

Breakfast rolls from 9.30am

10:00am Welcome and Introduction

Catherine Garvie

Senior Development Officer, Scottish Union Learning
(Brian Cox Theatre)

10.10am Speaker

Wendy Burton

Director, Scottish Union Learning
(Brian Cox Theatre)

10.20am Speaker

Richard Lochhead

Minister for Just Transition, Employment and Fair Work
(Brian Cox Theatre)

10.35am Speaker

Benefits of Reading for Mental Health and Wellbeing

Philippa Cochrane, Head of Reading Communities

Scottish Book Trust

(Brian Cox Theatre)

11.00am Breakout Session Information

Option 1: Money Advice Scotland

Financial Wellbeing in the Workplace
(Gold Room)

Option 2: ENABLE Works
Diversity and Inclusion in the Workplace
(Edwin Morgan Studio)

Option 3: Digital Skills Education Ltd
Improve your Digital Wellbeing with a Data
Detox
(Silver Room)

11.05am Break

11.20am 1st Breakout Session (Finish 12.20pm)

12.30pm 2nd Breakout Session (Finish 1.30pm)

1.40pm Closing Address
Catherine Garvie
Senior Development Officer, Scottish Union Learning
(Brian Cox Theatre)

1.45pm Lunch and Networking Session

3.00pm Close

Photography notification:

A reminder that photographs will be taken by a professional photographer and SUL staff during the event; if you do not wish to be captured in these images, please speak to a member of SUL staff who will assist you with this.

Follow us on:

Twitter @UnionLearning and facebook.com/scottishunionlearning

Social media tags: #sules23 #digitalunions

Wi-Fi Passwords:

Main area 'Impact Arts Guest': 1mP4ctArts

Brian Cox Theatre 'Backstage': Back\$t@ge!22

Brian Cox Theatre 'Control Room': Br1@nCoxW1F1