

WELLBEING WEBINARS AND PODCASTS 2020

Webinars

COVID-19: PEOPLE: WEBINAR - PRIORITISING WELLBEING

23 April 2020

People: prioritising wellbeing, will look at how we adapt to the impact of Coronavirus – longer periods of remote working, reduced physical and social contact with others and increasing uncertainty bring new opportunities, and unintended consequences for us as individuals and as teams in relation to culture, productivity and engagement.

We'll be joined by [Petra Velzeboer](#), psychotherapist and leading mental health consultant. Proactively looking after our wellbeing, and that of those around us is increasingly important.

Among other things, we shall consider key questions, including in relation to:

- Leadership and management strategies in response to stress;
- The importance of developing a positive mindset;
- Recommendations for improving our wellbeing and those of our teams; and
- Sharing experiences and case examples of successful approaches.

This webinar will be chaired by [Chris Parsons](#), partner and Chairman of the India practice, and a staunch advocate for mental health and wellbeing.

[Access the Webinar](#)

[More on COVID-19](#)

WEBINAR: MIND YOUR HEAD! WHAT I WISH I'D KNOWN ABOUT ANXIETY, DEPRESSION AND WELLBEING

04 June 2020

Andrew Wells is a Senior Associate specialising in Intellectual Property in our London Disputes team. During this session Andrew generously draws on his personal experience of anxiety and depression to offer his insights and thoughts on what we can do as individuals to combat mental ill health, break down the surrounding stigma and take practical steps to promote the well-being of ourselves and others, both at home and in the workplace.

Facilitated by Ian Cox, Executive Partner, Practices.

PARENTING AND WORKING FROM HOME WEBINAR

13 August 2020

As many parts of the world work to keep new coronavirus outbreaks under control, many parents and carers are again facing the difficult juggle of work, parenting, and home-learning responsibilities.

We want to support working parents and carers through this stressful and often tiring period.

Dr Michael Carr-Gregg, renowned psychologist, author, broadcaster, and children and families specialist, will join [Heidi Asten](#), Partner in our Melbourne Environment, Planning & Communities team, to explore parenting skills, knowledge and strategies from a psychological perspective; setting the emotional tone and talking about COVID-19 with your children; resilience and self-care for parents; and your questions about parenting in lockdown.

[Access the Webinar](#)

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