

CIPD Coronavirus webinar series

HR well-being: looking after yourself and your HR teams

1 May 2020

Welcome

Katie Jacobs, Senior Stakeholder Lead, CIPD

CIPD



Today's speakers

Katie Jacobs

Senior
Stakeholder
Lead, CIPD

David D'Souza

Membership
Director,
CIPD

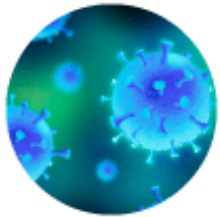
Gemma Dale

Wellbeing
Manager,
UoM

Emma Cook

Director,
Purely
Balanced

#StrongerWithCIPD



**Covid-19
resources**



**NEW Well-
being helpline**



**Employment
Law helpline**



**Communities
and branches**



***People
Management***



**Knowledge
and content**



Free learning



**Careers
support**



**Professional
credibility**



**Financial
support**

[cipd.co.uk/memberbenefits](https://www.cipd.co.uk/memberbenefits)

The importance of protecting the well-being of HR teams

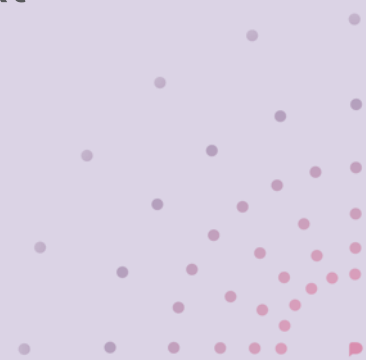
David D'Souza, Membership Director, CIPD



Working well in HR

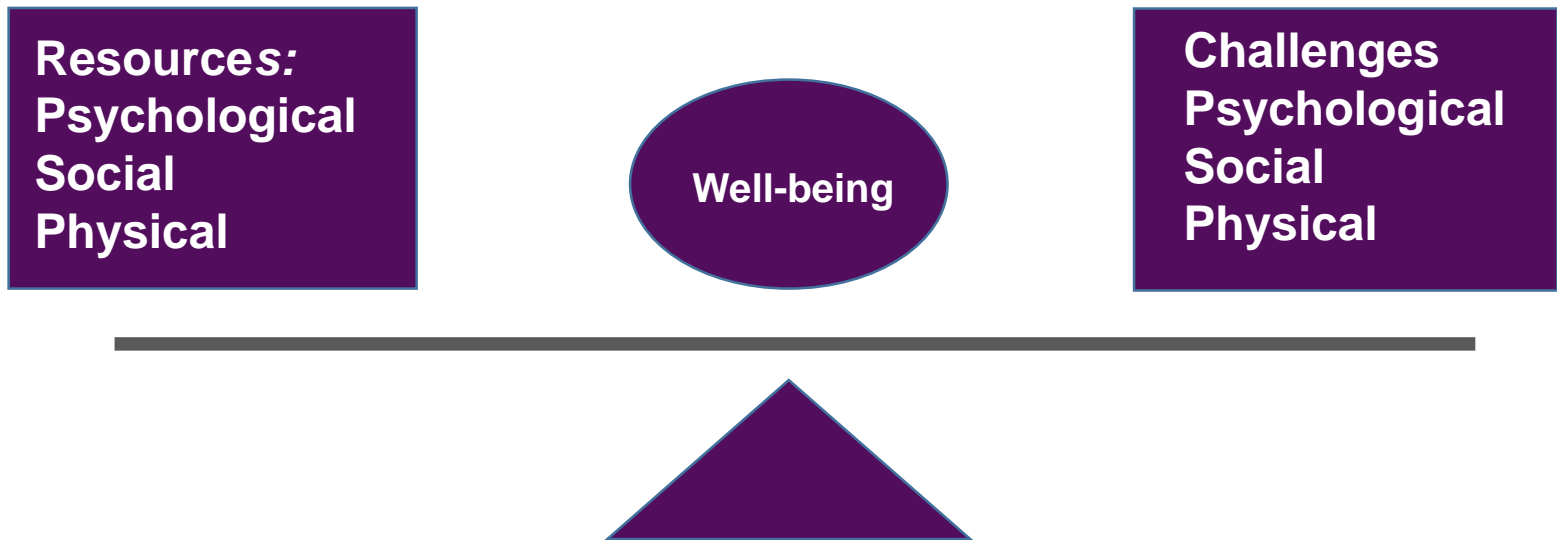
Gemma Dale, Wellbeing Manager at The University of Manchester and lecturer at the Business School at Liverpool John Moores University

[@hr_gem](https://www.instagram.com/hr_gem)





What is well-being?



Well-being as the balance point between an individual's resource pool and the challenges faced.





Disciplinary hearings, grievance meetings, probationary hearings, absence management, TUPE, redundancy, restructures, change management programmes, substance misuse, bullying and harassment, personal problems, appeals, mediation, managing conflict, supporting managers, supporting employees...





Furlough
Working remotely
Adapting policies
Changing strategies
Cost cutting
Mental health



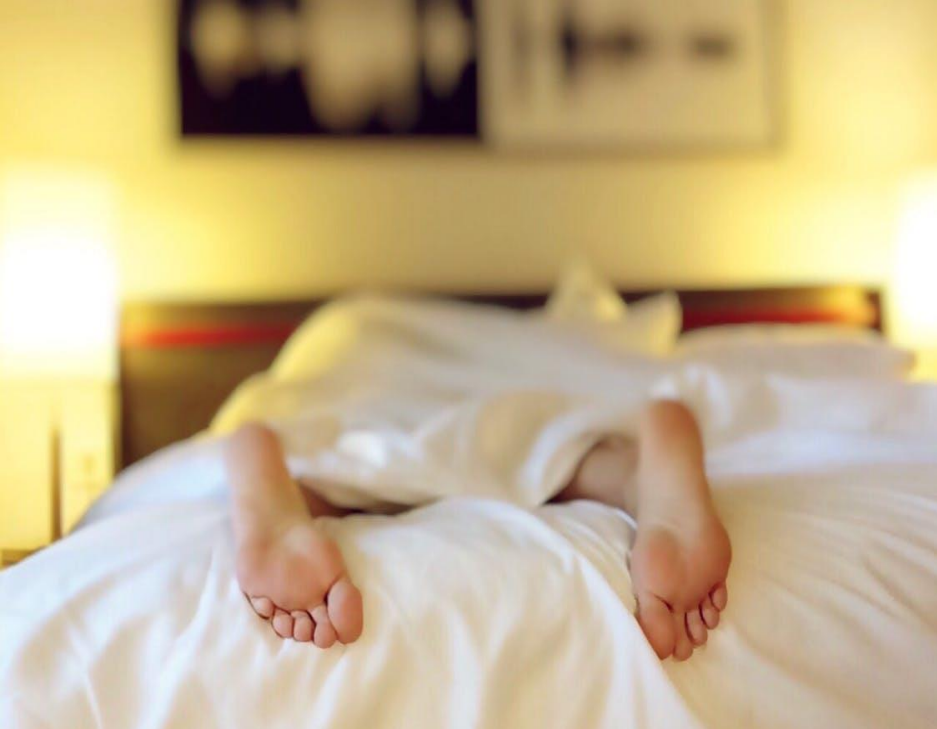


Early research

- Overwhelm
- Anxiety
- Poor sleep / fatigue
- Grief
- Anger
- Distraction
- Diet / exercise
- MSK

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Go gently
Prioritise self-care
Say no when you need to



**This too
shall pass.**



Helping individuals and organisations
to feel better and achieve more.

How to get a good night's sleep

Emma Cook, Director, Purely Balanced

www.purelybalanced.co.uk



5 point switch-off routine

1. Open posture
2. Pillow positions
3. Breathing technique
4. Eye masks
5. Counting backwards

For further information email Emma: emma.cook@purelybalanced.co.uk

Questions

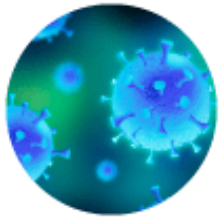
Please submit your questions for:

- David D'Souza, Membership Director, CIPD
- Gemma Dale, Wellbeing Manager, The University of Manchester & lecturer, Business School, Liverpool John Moores University
- Emma Cook, Director, Purely Balanced

Please use the Q&A function to submit your questions



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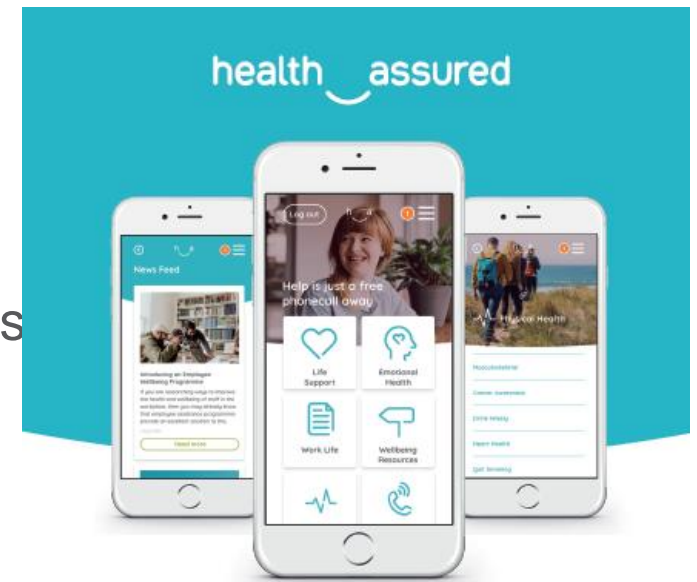
**Financial
support**

[**cipd.co.uk/memberbenefits**](https://cipd.co.uk/memberbenefits)

New Well-being Resources



- We've partnered with **Health Assured** to support members mental health and well-being
- Unlimited free 24/7 confidential telephone helpline, online portal & Health e-Hub app
- The resource provides:
 - Legal information
 - Debt and financial information
 - Manager consultancy and support
 - Information on work and home issues
 - Factsheets, advice, information and self-help tools
 - Links to specialist support organisations
 - A resources area with; programmes, videos, webinars, medical information and mini health checks.



Health e-Hub from Health Assured
Support in the palm of your hand

[Download the Health e-Hub now](#)

Further information

[NEW well-being helpline for CIPD members](#)

cipd.co.uk/coronavirus

[CIPD COVID-19 workforce planner](#)

[CIPD community](#)

[Purely Balanced Sleep Well Seminar](#)

[Gov.uk/coronavirus](https://gov.uk/coronavirus)

