

This training is delivered remotely year round, and offered to anyone working in the NHS Greater Glasgow and Clyde board area.

Topics cover a wide range of work-related issues, and some are aimed specifically at managers.

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How to Boost Resilience at Work

Keeping Active At Work
- Combating Sedentary Behaviour

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Men's Health - Starting a Conversation in the Workplace

Keeping People Safe at Work: Undertaking Effective Risk Assessments in a Changing World

Good Money Management
- Glasgow Credit Union

Saving Energy at Home - Home Energy Scotland

Cancer Awareness Webinar
- Cancer Research UK

Supporting Mental Health - Breathing Space

Drug and Alcohol Awareness for Managers - Alcohol Focus Scotland

Returning to the Workplace - Supporting Staff Mental Health and Wellbeing