



Union  
Syndicale  
Bruxelles  
**Commission**

# Wellbeing at work

Anglais seulement!

05 January 2021



From **January to December 2021**,  
12 months of reflection and reconnection to what really matters

**Union Syndicale** invites you to a series of eleven online and very interactive lunchtime workshops with real life focus to find passion, motivation and purpose in your life

## **Wellbeing 101 with Andy Whittle**

**The first workshop – “*Discovering my definition of wellbeing*” will take place on **Tuesday, 12 January from 12:30PM to 2:15PM****

You are cordially invited to the very first in a series of experiential workshops where we will explore all the various facets of what wellbeing is, to look at how important it is to our mental and physical health and gain some ideas into how we can start to look after each other and ourselves much better.

In this first session of 90 minutes, we will cover what the dictionary definition of wellbeing is and also what it means to you. We will then look at some quick wins, things we can do right now to check how we are, see where things need to be improved and make a plan to change what we are doing in order to look after ourselves.

You will come away with some of the basic things you can implement in your daily

routine to increase your own wellbeing factor.

### **What should you bring to the workshop?**

An open mind, a willingness to participate and some ideas of your own to share. You will also need to have a pen and paper at the ready, or you maybe have a favourite notebook you can use (you can choose to have one notebook dedicated to the whole series, it will be fun to go back to previous sessions!). There will be some writing and doodling during the workshop.

### **More about the whole series**

Each workshop will propose some pre-work, some homework and bibliography, if you feel like deepening your understanding of specific topics. These will not mean a lot of work but will help you integrate what is discussed in the workshop and continue the reflection at home.

Reliable scientific models and statistics support the approach. You will be able to continue the discussion, if you want, in the FB group, we have created and where you'll find most of the information and resources used for the class, plus more conversation and support.

### **This is not a course, this is a community**

The workshops will take place in English and will not be recorded. You can register by sending an email to [OSP-US-BXL@ec.europa.eu](mailto:OSP-US-BXL@ec.europa.eu) for the first workshop.

For all the information about the whole series of workshops, click [here](#).

**Executive Committee  
Union Syndicale Bruxelles**

**Sharing experience, building solidarity. Join Union Syndicale.**

**To join Union Syndicale,  
just reply with the message:**

**"Yes, I would like to join"**

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