

FENLAND DISTRICT COUNCIL

PRESS RELEASE

5 September 2023

Free mental health webinars for businesses

Local business owners are being invited to focus on mental health with a series of free webinar events, hosted by Fenland for Business.

With funding from Public Health Joint Commissioning Unit, Cambridgeshire County Council and Peterborough City Council, Fenland for Business is offering a series of free webinars which bring experts in workplace mental health to share practical advice.

Led by Nick Elston, a leading inspirational speaker and lecturer, the topics are designed to spark conversation and inspire sharing on best practice approaches to create a culture of positive mental health and wellbeing in the workplace.

- **Self-Care & Wellbeing - Tuesday 12th September 2023 - 1.30pm**
The next webinar sees Nick delve into the world of Personal Development, Wellbeing & Mindset. This empowering session will give attendees personal and professional development tools to help reclaim their 'choice' in life, in business and to recognise the importance of self-care.
- **Better Conversations around Mental Health - Tuesday 26th September 2023 - 1.30pm**
In the final webinar, attendees will learn how to identify the difference between mental health and mental illness and begin to remove the stigma from the term 'mental health' in their organisation. Attendees will learn how to have better conversations around mental health whilst relieving their own stress so they can sleep well and have more conversations with more people.

A Fenland for Business spokesperson said: "Prioritising mental health in the workplace not only fosters a culture of compassion and understanding but also unleashes the full potential of employees, driving innovation, productivity, and overall organisational success.

"These free webinars are a great opportunity for local businesses to increase their awareness of some of the biggest issues we face in the workplace, and we would greatly encourage those who are interested to sign up today."

Those interested in attending these sessions can sign up by emailing the Fenland for Business team at business@fenland.gov.uk

Please make sure to include your name and the session(s) you are interested in attending.

A previous Resilience 101 session is also available to watch online via Nick Elston's YouTube channel at: <https://youtu.be/a6lZ7uL1vhM>

ENDS

Notes to Editors

For media enquiries, please contact the Fenland District Council press office on 01354 622226 or email: communications@fenland.gov.uk