



UniSA Staff Wellbeing Calendar of Events and Initiatives

Wellbeing Elements	January	February	March	April	May	June	July	August	September	October	November	December
Career Wellbeing 		Enterprise 25 (Programs- People-Precincts)	Professional Staff Development Program	Secondment Register	Academic PEP applications close	Academic Promotions applications close	Development Opportunities available			Casual Staff Wellbeing Seminar - Videos		
Mental Wellbeing 		Mental Health First Aid Training Available	Employee Assistance Program (EAP) Promotion	Mental Health online education programs available	Yoga on campus		Mental Health Initiatives		Support RUOK? Day	Mental Health Week	Heads Up Mental Health Resources	Complete 1 Mental Health Education program (Mandatory for Managers)
Physical Wellbeing 	Tour Down Under	Executive health checks and skin checks on campus	Flu Vaccinations March - August across all campuses	Healthy Food Seminars on campus - (look out for your invite)	Pridham Hall - Facilities Available	City West Medical Clinic	Office Ergonomics - conduct a workstation self assessment	Corporate Cup	UniSA City-Bay Fun Run	UniSA VC Cup - get active	Wellnomics / Workspace computer assistance	
Community 		WOMADEelaide	UniSA Sport VC Cup	Pridham Hall/health programs	Community Gardens at Mawson Lakes	UniSA Sport VC Cup	Respect. Now. Always campaign	Community Gardens - City West	What's on in Adelaide	National Safe Work SA Month	UniSA Sport VC Cup	Volunteer - Graduation Ceremonies
Financial Wellbeing 	Leave Arrangements in place and ERL			MoneySmart Website			Negotiated Enterprise Agreements - Yearly Salary increase for Professional Staff	UniSuper Seminars		Casual Staff Wellbeing Seminar - Videos		Professional staff. Accumulated time off (4 days)
Relationship Wellbeing 		Core Attributes of UniSA	Cultural Awareness Workshops	Sansom Inst. Healthy Lifestyles			Reconciliation Action Plan	Engaging Wellbeing Service Providers for onsite Yoga	Managing Well Workshops	Employee Assistance Training sessions	Promote Employee Assistance Program (EAP)	

For more information on the wellbeing events, contact HSIM.safetywellbeing@unisa.edu.au
[Staff Wellbeing Website](#)
[Student Wellbeing Events](#)