







UniSA Staff Wellbeing



Wellbeing Elements	January	February	March	April	May	June	July	August	September	October	November	December
Career Wellbeing 	Enterprising Essentials Staff Development Program January - June	Lunchtime Resilience @ Work Sessions & Performance & Wellbeing conversations	Enhancing conversations with staff about their performance & wellbeing workshop	EQ Connect Thrive Series Session 3 Building Trust	EQ Connect Thrive Series Session 4 Fuelling Motivation Academic PEP applications close	Academic Promotions applications close	Development Opportunities available July - December	Manager Essentials Sessions with PTC Specialists				
Mental Wellbeing 		Dealing with Challenging Student Behaviour - Staff Toolkit	New online Modules to Support Mental Health & Resilience	batyr Program (smashing the stigma around mental health)		Aboriginal & Torres Strait Islander Cultural Awareness Training			Support RUOK? Day	Unitopia & Mental Health Week		Complete 1 Mental Health Education program (Mandatory for Managers)
Physical Wellbeing 	Tour Down Under	Health checks and skin checks at UniSA Health Medical Clinic	Flu Vaccinations March - August across all campuses		Unitopia - Health Eating Stall	City West Medical Clinic		Corporate Cup	UniSA City-Bay Fun Run	UniSA VC Cup - get active		
Community 		VC Cup - UniSA Sport	Womadelaide	UniSA Sport - Pridham Hall health programs	Community Gardens at Mawson Lakes	UniSA Sport VC Cup		Community Gardens - City West		Unitopia - Wellbeing event across all campuses	UniSA Sport VC Cup	Volunteer - Graduation Ceremonies
Financial Wellbeing 				UniSuper Seminars			Negotiated Enterprise Agreements - Yearly Salary Increase for Professional Staff	UniSuper Seminars				
Relationship Wellbeing 			Cultural Awareness Workshops						Enhancing Your Self Awareness & Impact Workshop			

For more information on the wellbeing events, contact HSIM.safetywellbeing@unisa.edu.au

[Staff Wellbeing website](#)
[Student Wellbeing Events](#)