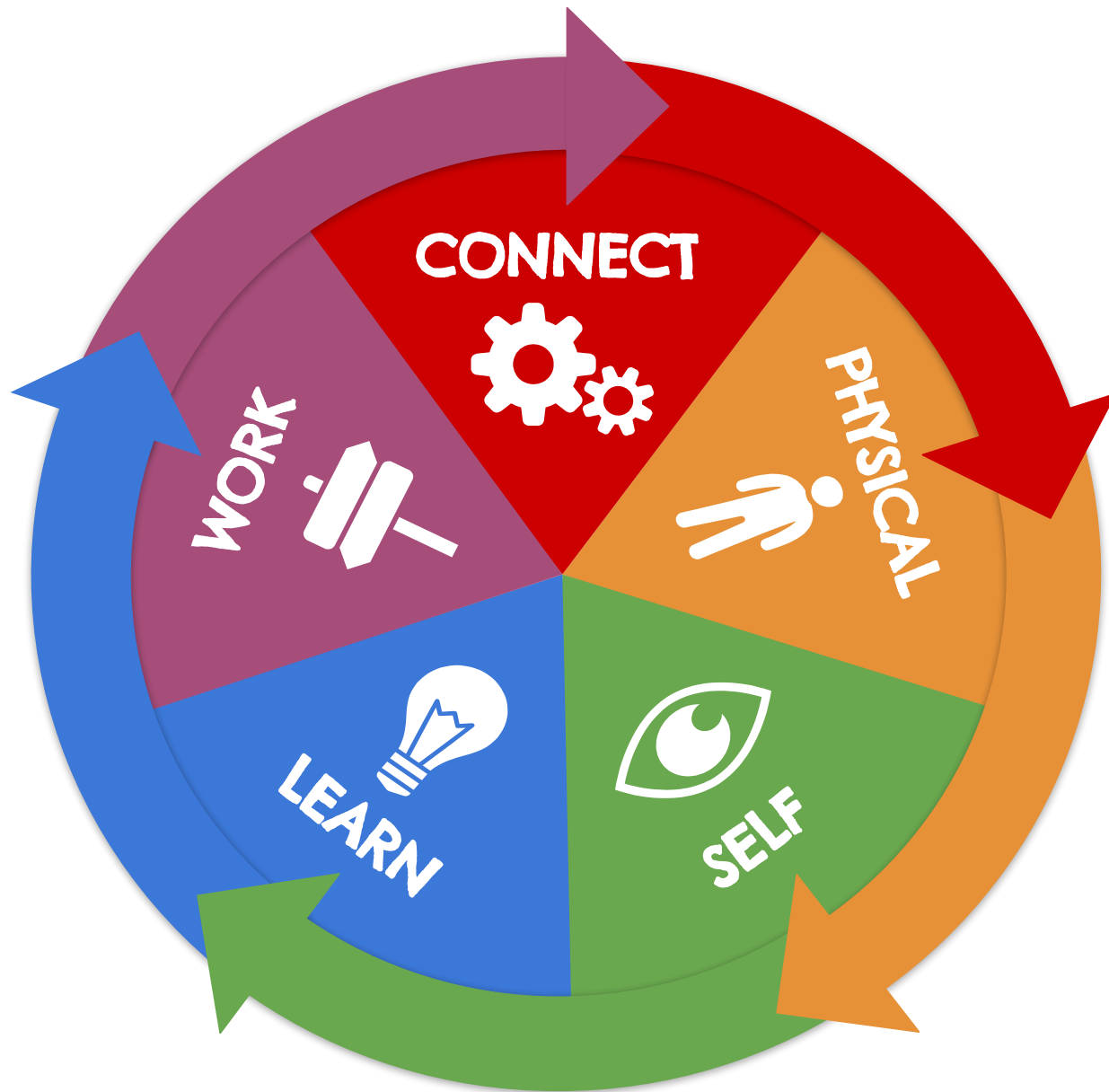


WELLBEING WORKSHOP

Corporate Learning & Development
Health, Safety & Wellbeing



Your Wellbeing Matters



Your Wellbeing Matters

Organisations

Reach Out

Events in Scotland

Highlife Highland

Volunteer Scotland

Befrienders Highland

Connect for Wellbeing

Age UK

Highland Council Support

[Wider Wallet Benefits Hub](#)

[About Volunteering](#)

[Volunteering Opportunities](#)

[Events Calendar](#)

Physical

**Regular
exercise**

**Be
alcohol
aware**

**Healthy
Eating**

**Rest &
Relaxation**

**Not
Smoking**



Your Wellbeing Matters

Organisations

NHS Livewell

BHF – Healthy Living

Smoke Free Highland

National Sleep Foundation

Highland Alcohol & Drug Services

Highland Council Support

Long Term Conditions

Women's Health

Health & Safety Advice

Occupational Health

Travel Health

Menopause

Eye Testing

Self

**Understanding
& Empathy**

**Feeling
Positive**

**Values &
Beliefs**

Support



Your Wellbeing Matters

Organisations

Mind

Samaritans

Time for Change

Support in Mind Scotland

Highland Council Support

Scottish Counselling Services

Mental Health Representatives

Mental Health & Wellbeing Toolkit

Dyslexia Strategy

Wellbeing Recovery Action Plan

Work

**Career
Paths**

Values

Environment

Flexibility



Your Wellbeing Matters

Organisations

University of the Highlands & Islands

Job Vacancies with other Agencies

Job Vacancies with NHS

The Open University

Highland Council Support

Learning & Development Training

The Skills Network

Health & Safety Training

Modern Apprenticeships

Job Vacancies with Highland Council

ICT Toolkit

Working at Elections

Learning

Qualifications

**New
Interests**

Opportunities

Challenges



Your Wellbeing Matters

Organisations

University of the Highlands & Islands

Job Vacancies with other Agencies

Job Vacancies with NHS

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Ambitious

Connected

Sustainable

Your Wellbeing Matters