

# Staff Wellbeing

## Financial Wellbeing Event 4<sup>th</sup> – 8<sup>th</sup> Dec

The Staff Wellbeing Team are excited to launch their Financial Wellbeing event. Taking place during the week of 4-8 December there'll be a range of activities and resources to support your financial health and wellbeing including:

### Elevate your side hustle: communicating your “why”

Tuesday 5 December | 12-1pm | OA6/07



**Sarah Agar-Brennan**, Head of Enterprise and Entrepreneurship, **University of Huddersfield**



Scan the QR code to book

### Take money off your mind: practical tips

Wednesday 6 December | 12.30-1.30pm | Online via Teams



**Jacob Day**, Money & Me Navigator, **Leeds Mind**



Scan the QR code to book

### Staff Knit and Natter Group

Wednesdays 22, 29 November and 6 December | 12:00 – 2:00pm | Staff Wellbeing Room SB9/07a



Scan the QR code to book