



# Vitae Community Workshops

Kia ora koutou,

Our Community Workshop zoom dates for June-August 2021.

**The topics for this quarter are:**

- Managing Mental Wellbeing
- Building a Resilient Team

**1hr sessions – \$50/person**

***Participants registered must have access to individual device with camera and microphone to maximize engagement with activities.***

For information and registrations please email: [Leannah.pohe@vitae.co.nz](mailto:Leannah.pohe@vitae.co.nz)

DATE			TIME	TOPICS
June	17	Via Zoom	11.00- 12.00pm	Managing Mental Wellbeing
			1.00 - 2.00pm	Building a Resilient Team
	24	Via Zoom	11.00- 12.00pm	Managing Mental Wellbeing
			1.00 - 2.00pm	Building a Resilient Team
July	15	Via Zoom	11.00- 12.00pm	Managing Mental Wellbeing
			1.00 - 2.00pm	Building a Resilient Team
	22	Via Zoom	11.00- 12.00pm	Managing Mental Wellbeing
			1.00 - 2.00pm	Building a Resilient Team
August	12	Via Zoom	11.00- 12.00pm	Managing Mental Wellbeing
			1.00 - 2.00pm	Building a Resilient Team
	19	Via Zoom	11.00- 12.00pm	Managing Mental Wellbeing
			1.00 - 2.00pm	Building a Resilient Team