

LEARNING AT WORK WEEK

Sign up now for free learning, 16th-20th May



Learning at work week is a unique annual event to build learning cultures at work. It aims to put a spotlight on the importance and benefits of continual learning and development. UNISON are hosting an array of online sessions for all members to join us for Learning at Work Week 2022

Monday 16th May

Excel for Beginners 09:30-11:30

This session will begin to explore how to use basic formatting in a spreadsheet, we will touch on auto sum and the purpose of other basic functions and how to use patterns to replicate information. There will be some time at the end to ask some questions.

UNISON Learning: What we can do for you! 13:00-13:30

A half-hour lunch time session to find out about the free learning opportunities and grants UNISON can offer members, this includes CPD opportunities and Learning grants.

BSL Taster Session with Dot Sign language 14:00-15:00

This session is hosted by Dot Sign language, there will be some pre-reading. This session is a great introduction for those wanting to learn BSL. Signs learnt will be tailored to working within public services.

Tuesday 17th May

Excel for Improvers 09:30-11:30

Students will learn how to add, subtract, multiply and divide numbers in spreadsheets. In addition to that, students will also learn how to turn existing data into charts and graphs. There will be some time at the end to ask some questions.

InnerSpace, Learn How to Meditate 12:00-12:30

Meditate to relieve stress, think clearly and sleep better! Explore some simple tips and techniques to make meditation easy. And learn a meditation skill that you can use anytime, anywhere. The session will also include a couple of guided meditations to relax your mind and body.

More on the other side....

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Wednesday 18th May

Online Yoga 15:00-16:30

This session will cover a range of postures to start you on your journey to increase your; flexibility, strength and overall body awareness. The warm up that is included in this session will enable you to mobilise your joints and help you to focus on improving your breathing.

Thursday 19th May

InnerSpace Guided Meditation 12:00-12:20

Meditate at lunch with Amisha, 20 minute meditation to relax your mind, refresh your focus and recharge your energy.

BSL Taster Session with Dot Sign language 12:00-13:00

This session is hosted by Dot Sign language, there will be some pre-reading. This session is a great introduction for those wanting to learn BSL. Signs learnt will be tailored to working within public services.

Friday 20th May

Excel for Beginners 13:00-14:00

This session will begin to explore how to use basic formatting in a spreadsheet and the purpose of some basic functions. There will be some time at the end to ask some questions.

UNISON, Wellbeing 14:00-15:00

This session will delve into wellbeing and how this incorporates both mental and physical health. We will look at stress busting tips and ways to promote good wellbeing

Sign up now!

Email: membereducationse@unison.co.uk