<table>
<thead>
<tr>
<th>Time</th>
<th>Seminar/workshop/activity</th>
<th>Guest speaker/host</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>10am – 11am</td>
<td><strong>MINDFULNESS</strong>&lt;br&gt;How to be more mindful at work, plus some practical tips</td>
<td>Jo Hatton, Manager, Workplace Equity and Diversity and Rachael Brady, Consultant, HR Projects</td>
<td>Room 801–803, Level 8, 12 Wally’s Walk, Mitchell Building (E7A)</td>
</tr>
<tr>
<td>12pm – 1pm</td>
<td><strong>LUNCHTIME SEMINAR</strong>&lt;br&gt;R U OK?&lt;br&gt;A light lunch will be provided</td>
<td>Michelle Finnegan, R U OK? Ambassador</td>
<td>1 Central Courtyard, Outside Campus Hub (C10A)</td>
</tr>
</tbody>
</table>

### One-on-one consultations: Medibank and UniSuper

| 11–15 September | **MEDITBANK ON CAMPUS**<br>Book a one-on-one appointment<br>[staff.mq.edu.au/work/wellbeing/medibank-health-care-and-insurance](http://staff.mq.edu.au/work/wellbeing/medibank-health-care-and-insurance) | Medibank consultant | Room G58<br>(Atrium area), 12 Wally’s Walk, Mitchell Building (E7A) |
| 18–22 September | **UNISUPER ON CAMPUS:**<br>Book a one-on-one appointment<br>[unisuper.com.au/campusbookings](http://unisuper.com.au/campusbookings) | Andrew Syarief | Tamarama meeting room<br>Level 4, 17 Wally’s Walk (C5C) |

All staff qualify for free use of the Sport and Aquatic Centre during Staff Wellbeing Week. Be sure to try it out and start building exercise into your daily routine.

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**REGISTER NOW AND BE**

**A better you at MQ**

mq.edu.au/events/wellbeing-week

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**A better you at MQ**

STAFF WELLBEING WEEK

7–14 SEPTEMBER 2017
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12pm – 1pm</td>
<td>My family wellbeing (continued)</td>
<td>1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
<tr>
<td>10am – 11am</td>
<td>My physical wellbeing</td>
<td>1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
<tr>
<td>1.30pm – 2.15pm</td>
<td>Morning work坊</td>
<td>1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
<tr>
<td>2.15pm – 3pm</td>
<td>Lunchtime Seminar</td>
<td>Outside Campus Hub, 1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
<tr>
<td>3pm – 4pm</td>
<td>Art Gallery Class</td>
<td>1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
<tr>
<td>4pm – 5pm</td>
<td>Artist-led art class</td>
<td>1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
<tr>
<td>5pm – 6pm</td>
<td>Campus Walk</td>
<td>Outside Campus Hub, 1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
<tr>
<td>6pm – 7pm</td>
<td>Exhibit stalls</td>
<td>Outside Campus Hub, 1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
<tr>
<td>7pm – 8pm</td>
<td>A light lunch will be provided &amp; retirement of all children</td>
<td>Outside Campus Hub, 1 Central Courtyard, Manly Training Room (C10A)</td>
</tr>
</tbody>
</table>

**Monday 11 September: My family wellbeing**

- **Time:** 10am – 11am
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My family wellbeing

**Wednesday 13 September: The wellbeing of my staff and colleagues**

- **Time:** 3pm – 4pm
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** The wellbeing of my staff and colleagues

**Friday 8 September: My physical wellbeing**

- **Time:** 2pm – 3pm
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My physical wellbeing

**Tuesday 12 September: My family wellbeing**

- **Time:** 10am – 11am
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My family wellbeing

**Thursday 12 September: My family wellbeing (continued)**

- **Time:** 1.30pm – 2.15pm
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My family wellbeing (continued)

**Thursday 7 September: My wellbeing**

- **Time:** 2.45pm
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My wellbeing

**Wednesday 12 September: My physical wellbeing**

- **Time:** 2.15pm
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My physical wellbeing

**Friday 7 September: My physical wellbeing**

- **Time:** 3pm – 4pm
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My physical wellbeing

**Wednesday 11 September: My family wellbeing**

- **Time:** 12pm – 1pm
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My family wellbeing

**Monday 11 September: My family wellbeing (continued)**

- **Time:** 12pm – 1pm
- **Venue:** 1 Central Courtyard, Manly Training Room (C10A)
- **Description:** My family wellbeing (continued)