

Spaces Available

Resilience Toolkit 1

Resilience and our ability to manage uncertainty can be developed and improved at any time in our lives. This two-part workshop focuses on strategies and tools to support our resilience development.

Monday 27 November, 2:00pm-3:00pm



Snippets: Six thinking hats to add diversity to decision making

Each session will take less than 20 minutes and focus on one specific tool from one of three themes: Problem solving tools, Time management tools, and Tools that can support you to understand yourself and others.

Monday 27 November, 4:00pm-4:20pm



Planning for 2024

This session highlights the importance of taking a mindful break over the holiday season while providing individuals with practical strategies to reset and recharge for the new year.

Tuesday 28 November, 10:00am-11:00am



Resilience Toolkit 2

Resilience and our ability to manage uncertainty can be developed and improved at any time in our lives. This two-part workshop focuses on strategies and tools to support our resilience development.

Tuesday 28 November, 2:00pm-3:00pm



Connecting with our Community: OUSA

Whatever our role, as staff we support the creation of outstanding student experiences at Otago. This series is designed to introduce you to different parts of the student experience, and to hear about how they interact with students and create and support positive interactions.

Wednesday 29 November, 11:00am-12:00pm

Parental Leave Information Seminar for Prospective and Intending Parents

This information seminar is intended for expectant or intending parents who wish to know more about the University's Parental Leave Policy and managing parenthood and work.

Thursday 30 November, 1:00pm-2:00pm



Responding to Disclosures

A 90-minute workshop to discuss how to respond to disclosures of sexual harm. This workshop also discusses your roles and responsibilities as professional and academic staff under the new Sexual Misconduct Policy.

Monday 4 December, 1:00pm-02:30pm



Prosci Fundamentals of Change Management

Currently here at the University of Otago, there are many workplace changes and projects occurring, most of which involve individuals changing how they do their work.

Wednesday 06 December, 9:00am-4:00pm