



With Staff in Mind
We care, so that you can care

Do you work in health or social care in Coventry and Warwickshire?

We are here to support you, by providing access to
mental and emotional support tailored to your needs.

Mindful May Conferences

the following event is a free to attend, in-person conferences focussed on improving wellbeing with workshops and keynote speeches on sleep, stress, the menopause and andropause, financial wellbeing and healthy eating with webinars to act as a catch up service in stress management , sleep and financial wellbeing.

23 May - Warwick Racecourse: keynote speech
on the andro/menopause, [Book Here](#) or scan:



20 MAY 2022
Stress (11.45am-12.30pm) [Book Here](#)
Sleep (13:45-14:45) [Book Here](#)
Financial Wellbeing (14.45pm-15.45pm) [Book Here](#)



24 MAY 2022
Financial Wellbeing (11.45am-12.30pm) [Book Here](#)
Stress Management (13.45pm-14.45pm) [Book Here](#)
Sleep (14.45pm-15.45pm) [Book Here](#)



25 MAY 2022
Financial Wellbeing (11.45am-12.30am) [Book Here](#)
Sleep (13.45am-14.45pm) [Book Here](#)
Stress management (14.45pm-15.45pm) [Book Here](#)

