



The Insurance
Institute of London
Chartered Insurance Institute

Continuing Professional Development Certificate

Wellbeing at work

Date

Friday 20 November 2020

Time

10.00am - 12.00pm

Speaker

Anne Thomas, Director of Employability & Business Development, Mind in the City, Hackney and Waltham Forest

In this IIL webinar in association with Mind CHWF, Anne Thomas equipped members with improved awareness and understanding of mental health at work, the signs and symptoms of mental ill health, as well as how to initiate a conversation about mental health and handle disclosure.

By the end of this webinar, members would have gained an insight into:

- Mental health figures in a work context and the changing landscape
- Signs and symptoms of mental health
- Self-care, resilience techniques and how to have a better work-life balance when working from home



CII CPD event accredited - demonstrates the quality of an event and that it meets CII member CPD scheme requirements.

This lecture or podcast can be included as part of your CPD requirement should you consider it relevant to your professional development needs. It is recommended that you keep any evidence of the CPD activity you have completed and upload copies to the recording tool as the CII may ask to see this if your record is selected for review.