

Free Wellbeing Sessions for Clerks and Councillors

This Autumn

Busy agendas, difficult meetings, growing workloads and high public expectations – council life can sometimes feel relentless. This autumn, Parish Online Wellbeing is offering four free online sessions to help clerks and councillors manage some of those pressures.



Following the successful launch of Parish Online Wellbeing earlier this year, a new series of free lunchtime webinars will begin in September, led by wellbeing specialist and business psychologist Sarah.

The sessions are designed specifically with town, parish and community councils in mind. They offer practical ideas and techniques that can be put into use straight away – helping participants manage stress, recognise the signs of burnout and build resilience when things get challenging.

Four free lunchtime sessions

Tuesday 22 September, 12–1pm – General Wellbeing Session	A broader look at workplace wellbeing and some of the challenges that come with council life.
Tuesday 6 October, 12–1pm – Stress Less	Practical approaches to understanding and managing stress before it becomes overwhelming.
Tuesday 3 November, 12–1pm – Beating Burnout	Recognising the warning signs and exploring ways to protect your energy and wellbeing.
Tuesday 1 December, 12–1pm – Bounce Back: Improve Your Resilience	Tools to help you recover from setbacks, adapt when things change and keep perspective when the pressure is on.

There's **no charge and no requirement to be a Parish Online customer**. The sessions are open to people working across the local council sector.

They won't be recorded, participants aren't singled out and questions can be posted anonymously in the chat, helping to create a comfortable space to learn, reflect and pick up some useful ideas.

Sarah has more than 20 years' experience helping people navigate challenges and create healthier, more productive workplaces. Her approach is warm, practical and focused on giving people tools they can actually use.

We know finding time for yourself can be difficult when there's always something else that needs doing. This autumn, why not put aside a few hours for your own wellbeing and join us? You'll pick up practical ideas and tools along the way to help make the pressures of council life feel a little more manageable.

Find out more and register for the free sessions at:

www.parish-online.co.uk/support/wellbeing