The efficiency of their work. RDA members are
over 2,000 registrations (more than 900
increase resilience at work. Guidelines for
achieve both aims to establish a peer coaching
To support your team during this time, supervisors
Time: 120 minutes + Ongoing Check-Ins

Social Connection and Communication
To help your team stay connected, take some time
Time: 30 minute team activity

Mindfulness @ ANU
Whatever you choose is OK – every team is
You may feel inspired to do all, one, or none of
suggestions outlined below vary in time and effort –
Thank you for reaching out. In these meetings,
reached out over recent weeks to seek information
here

ANU.
Nadine

Dear SIS Staff
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