



Institute of Quarrying New Zealand (Inc)

WEBINAR

Wellbeing in the Workplace during the COVID-19 Situation

Duration: 1 hour

CPD Hours: 1-hour Unrestricted Activity

Learning Objectives:

Your key learnings will be:

- 1. Recognising the triggers of anxiety related to the pandemic.*
- 2. Knowing a selection of tips to deal with COVID-19 anxiety.*
- 3. Knowing a selection of management tips to support staff and mitigate risk factors related to COVID-19 anxiety.*

Topics:

- 1. Why is this anxiety happening to us given this pandemic?*
- 2. Tips of individuals coping with COVID-19 anxiety.*
- 3. Tips for managers helping to support staff and mitigate risk factors related to COVID-19 anxiety.*

Cost:

- FREE IOQ NZ Member*
- \$25 Non-Member*