

WEEKLY BULLETIN

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NIPAM RECOGNISES WORLD MENTAL HEALTH DAY



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The workplace can either contribute to employee wellbeing or lead to absenteeism and presentism thus it is important that organisations create an enabling environment where employees can thrive. A thriving workforce means greater engagement of each

employee's physical, cognitive and emotional energies. Whilst engagement then fuels the employee's feelings of energy, connection and advancement.

Studies show that 60% of employees are likely to recommend their organisation as a good place to work if their employer took action to support mental wellbeing. NIPAM is currently conducting training on emotional intelligence which speaks to our commitment to promoting mental wellbeing within public sector institutions.

As we celebrate World Mental Health Day on 10 October 2021 under the theme is mental health care for all: let's make it a reality. Let's dedicate October to promoting mental health in the workplace and creating a psychologically safe workplace for all.

STRATEGIES TO PROMOTE WELLBEING:

- Put your people first and provide a sense of purpose
- Promote fitness through the gym and other physical exercise activities.
- Encourage staff to work sensible hours, take full lunch breaks and use their full annual leave
- Personal check-ins – have one on one conversations with your fellow colleagues
- Foster social connections to combat isolation
- If somebody seems demotivated, consider evaluating their responsibilities
- Allow work-from-home days, a flexible workspace setting and the occasional office treat

TRAINING & CONFERENCING NEWS

Companies	Dates	Venue	# of people
NIPAM-RLA Training	11-15 October	LB01-LB04	25
GIZ-Data Analysis training in Excel	11-14 October	First floor computer lab	8
British Council-IELTS Exams	11-15 October	F07 Ground floor computer lab, F14 F15 on 15-10-21	8
OPM-Workshop	12 October	CH03-CH04	65
Roads Authority	12 October	CH01-CH02	60
The Namibian HIV Clinicians society	14-16 October	CH03-CH04	100
Every nation-mental wellness and role church	14-15 October	CH01-CH02	60

EMPLOYEE BIRTHDAYS THIS WEEK

Dr Butty Salom	12 October
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NIPAM encourages it's staff to go for covid-19 vaccination to ensure a safer working environment

REMEMBER TO WEAR YOUR MASK, WASH YOUR HANDS THOROUGHLY WITH SQAP AND SANITIZE REGULARLY

