

ICAS SA Open Webinars **2023**

ICAS Southern Africa and ICAS World – Lyra Health Companies – are proud to provide all our SA Clients with a wealth of proactive wellbeing webinars over 2023. These Training events will be delivered by different subject-matter experts from across ICAS' service streams to bring up-to-date information and best-practice-advice to employees, leaders, and wellbeing professionals from all industries. These events are value-added services open to all employees across our client base and will cover areas of mental health, psychosocial wellbeing, physical and musculoskeletal health, clinical and managerial EAP support services, financial wellbeing and absence, incapacity and disability. So save the dates in your 2023 Organisational Wellbeing Plans!

(Invitations with specific times will be made available closer to the time).

(If you wish to book any of these events solely for your organisation/team, please contact your Client Services Consultant or learning&development@icas.co.za to receive a quotation)

Quarter 1 (January– March) Themes and Topics

Learning Global Webinars – Life

25 January

Managing Disability in the Workplace: Legislation, best practice and reasonable accommodation

9 February

Cost of Living Crisis: Impact of financial struggle on mental health, and behavioural tips for re-thinking personal financial management and spending

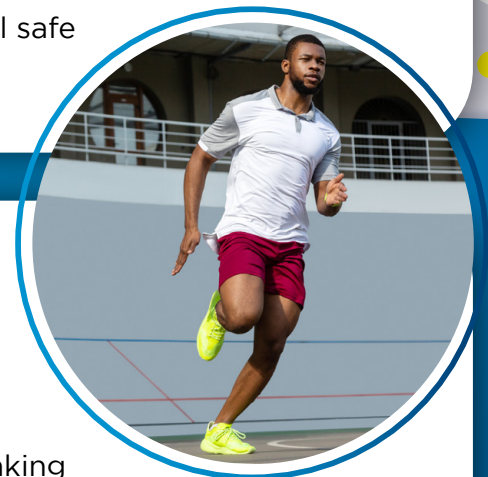
28 February

ICAS Family Support: Divorce & Gender-base Violence Case Study

20 March

Psychological Safety: helping systems thrive by making people feel safe

20 March - International Day of Happiness



Quarter 2 (April – June) Themes and Topics

Learning Global Webinars – Body

4 April

Neurodiversity: Value and belonging for difference in ways of thinking

26 April

The Industrial Athlete - physical wellness for physical workers

18 May

Menopause: Respectful response to a normal change-of-life experience

20 June

Navigating Finances through some of Life's most challenging changes (the 4 D's)

2 April - World Autism Awareness Day

Quarter 3 (July – September) Themes and Topics

Learning Global Webinars - Growth

4 July

Healthy Boundaries: Because relationships grow better with boundaries

27 July

ICAS Company Support: Workplace Trauma and Mental Illness Case Study. Support for teams and managers following a trauma incident

17 August

Mindfulness (still) matters! Building your brain's capability for resilience through mindfulness exercises: A more practical experience

20 September

Ergo-legislation in SA: Impact on workplace Absence, Incapacity and Disability management

19 August - World Humanitarian Day

Quarter 4 (October – December) Themes and Topics

Learning Global Webinars - Mind

10 October

Stress and Mental Health: Understanding Thrive, Brown-out & Burn-out on the mental health continuum

13 November

Be kind for your mind! Words matter - a look at the impact of kind language on mental health

20 November

Dodging the Big Finance Bullets: Black Friday, Cyber Monday, and how to avoid a Holiday Hangover

1 December

Disability Awareness Day

12 December

Let's get physical!: ICAS' top 3 mini-movement-modules from 2023

10 October - World Mental Health Day

13 November - World Kindness Day

1 December - International Day for Persons with Disabilities

