

## Canterbury Newsletter December 2022

### NZISM CHRISTMAS/END OF YEAR EVENTS

We hope that those of you that attended one of our Branch Christmas get togethers, enjoyed yourself.

Take care of yourselves over the break (hopefully you get one) and drive safe!

We can't wait for more face to face events in 2023 \*crosses fingers for no more lockdowns\*

**MERRY  
CHRISTMAS**

### FAREWELL FROM OUR WONDERFUL CLAIRE

As this is the last local newsletter for the year it is also my last month being on the Christchurch local committee.

I am off to the big smoke to find out what rush hour in Auckland really means. I think I can now have an excuse for shopping. Traffic was too heavy so I decided to shop until it calms down.

I have been asked to write a final farewell before departing. Our new branch manager Andrew Kenny has had his fair share of challenges this year with the last (fingers crossed) of restrictions along with the new committee. I rest assure you that they have great things planned for face to face meetings next year, for all to enjoy. Starting off in February after we all come back from eating too many scorched almonds and BBQs.

I have really enjoyed being part of the Canterbury committee for a long time. I have seen a lot of change for the better of the organization, under Selena's helm. As we have navigated through all the past events, behind the scenes Sara has been an amazing help for us. So a big thanks to Sara.

I have said it before, but what I have really enjoyed getting out of our local branch is friendships and banter. I have been out boating, drinks, dinners, staying at members houses for catch ups. This is what my membership is about for me. The amazing branch members are supportive of each other as much as possible.

It is going to be hard leaving such an amazing branch 😞 but I will be back when I can.

Thanks everyone for all the hard work over the years (past and present committee members) on CPD and Canterbury.

That's enough from me. I better continue to pack up my home and get the fur babies ready for their new adventures... and their new brother I have got them! (see pics of his cute little face)

Miss you all

Claire



### NZISM Webinar with Kate Milburn

Topic: Adopting a systems perspective towards Mentally Healthy Work

In this presentation, Kate Milburn (an organisational psychologist at Umbrella wellbeing) will share practical steps you can take to proactively build a mentally healthy workplace. Leveraging a systems perspective, this presentation will draw on: psychosocial risk frameworks (what you need to know and why), the assessment of psychosocial risks; and the responsibility of leadership in supporting system.

From this session you will gain an understanding of what makes a wellbeing programme effective, psychosocial risk in the workplace and how to measure it and how to measure your people's wellbeing and evaluate initiatives (to ensure investment is targeted).

Register by visiting the NZISM events page.