

What's happening at Thresholds this month....

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## Stress free zone! How to create a more peaceful and productive worklife

As we navigate through the challenges of the modern world, it's no secret that stress is a part of our daily lives. But what if we told you that it's possible to manage stress in a healthy way and prioritise self-care, even amidst the chaos? This month is Stress Awareness Month, and at Thresholds we will be exploring various ways to manage stress and find some balance in this busy world.

### Start small and connect...

We know that navigating stress can be challenging, but we believe that by making small but impactful changes in our daily routines, we can learn to manage stress in a healthier and more productive way. Maybe you could take a few minutes each day to focus on your breath and practice being more present in the moment; or learn how to set boundaries and start saying no to activities or commitments that are causing you unnecessary stress. You could try to make time to connect with friends and family, or for anyone looking to make new connections, why not sign up to the Thresholds networking session (details below); building strong social connections is proven to help reduce stress and improve overall well-being.

### Avoid burnout...

We hear more and more women on our programmes who share their experiences of burnout. Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. In this month's blog, Amber Sorell, will be talking

more than why not join us for our speaker session with Annika Burke on 'managing your energy to avoid burnout' - details of how to secure your FREE place below.

We hope this month you are able to find some peace, balance, and well-being in your daily life. So, take a deep breath and read on to find out what's happening at Thresholds this month.

## Speaker / Networking Sessions



Join our monthly FREE virtual events that are aimed at all women. Each month we focus on a different topic that impacts women in the workplace. We also hold regular speed networking sessions.

### Managing your energy to avoid burnout

**Thu 20 Apr** 13:00-14:00 - [Book your free place](#)

### Mix, mingle and make meaningful connections: networking session

**Fri 12 May** 12:00-13:15 - [Book your free place](#)

## Succeeding at Interviews Dates



### Do yourself justice when it matters!

Succeeding at Interviews is a two-day workshop designed to equip everyone with the practical skills to excel in interviews – no matter what questions are asked.

Participants develop their own unique personal brand, and learn how to communicate this with impact and memorability.

Mon/Tue 5-6 June - Book your place via [Eventbrite](#)

## Threshold Workshop Dates



**What do you really want from your career? Join our popular one day workshop.** Whatever you hope to achieve in your working life, taking the time to plan your route to success is essential. The empowering one-day Threshold Workshop for minority ethnic women gives people tools and techniques to look freshly at their careers, in a safe and supportive environment.

### Threshold workshop for ethnic minority women

Tue 18 Apr 2023 - Book your place via [Eventbrite](#)

## Mentor Sessions



Monthly FREE mentor events delivered by Thresholds' facilitators, each focussing on a different aspect of the mentoring journey. Sessions are designed for both new and experienced mentors as both a refresher and opportunity to learn new skills, meet other mentors and stay in touch with the Crossing Thresholds programme.

### Communicating your strengths with impact

Tue 20 Apr 11.00-12.00 - [book your FREE place](#)

### New/potential mentor info event

Thu 4 May 12.00-13.30 - [book your FREE place](#)

# Programme Dates



Crossing Thresholds is our flagship year-long programme that offers a structured and supportive environment for women to develop their careers and achieve their potential. The programme remains very popular and most upcoming sessions are fully booked but keep checking as new dates are added regularly.

**Find out more on our [website](#).**

**Civil servants** can book onto Crossing Thresholds via the [Government Gateway](#).

**All other organisations** should [contact us](#) to find out how you can book Crossing Thresholds for your team.

## HEO/SEO

11/12 Apr 2023 (FULL)

13/14 Apr 2023 (FULL)

18/19 May 2023 (FULL)

**31/1 Jul/Aug 2023 (DATE JUST ADDED)**

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## G7/G6

13/14 Jun 2023 (FULL)

## The Thresholds Team

Liza, Emma, Flora, Jo, Jaqueline, Sheida, Fiona, Kate & Kaylisha

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