



SERIES INFORMATION

Session 1 Date: Monday 6 March 2023
Time: 1:00pm – 2:30pm

[REGISTER HERE FOR SESSION ONE](#)

Session 2 Date: Monday 13 March 2023
Time: 3:00pm – 4:30pm

[REGISTER HERE FOR SESSION TWO](#)

WEBINAR INVITATION

Supporting food business leaders impacted by Cyclone Gabrielle

Join the New Zealand Food and Grocery Council for a two-part webinar designed to help leaders through the immediate and longer-term significant impacts of Cyclone Gabrielle. With support from New Zealand Food Safety-Haumaru Kai Aotearoa.

Please register in advance for these webinars:

[SESSION ONE](#)

[SESSION TWO](#)

Jacqui Maguire, Registered Clinical Psychologist will share practical tools and resources to help leaders look after themselves, their whānau, and their workplace teams and communities in response to Cyclone Gabrielle, and during any civil defence emergency.

During the aftermath of a disaster, it can be difficult to prioritise taking care of your wellbeing – getting rest, nutrition to fuel you, feeling moments of normalcy and accessing support can be tough during the best of times. It can also feel like pressure knowing that you need to support yourself to ensure you can lead your staff well during this national emergency, and beyond through the recovery.

This two-part webinar series will be recorded and available for later viewing as we acknowledge that not everyone will be able to attend. We want to create a safe space, with an opportunity to anonymously ask questions during the sessions.

WEBINAR SERIES CONTENT

SESSION ONE

Looking after yourself and your loved ones so you can lead well during tough times

Date: Monday 6 March 2023

Time: 1:00pm – 2:30pm

In this session Jacqui will cover:

- Acknowledging the psychological impact of disasters.
- Recognising signs of distress and poor mental health in yourself and others.
- Practical strategies of how to psychologically get through the early days.
- The power of community. Why social connection is so important, especially during loss and devastation. There is no weakness in needing others.
- How to check in with others- and where to source help.
- If you are a colleague sitting in a different part of NZ- what can you do that's helpful.

SESSION TWO

Leading others during the response and recovery phases

Date: Monday 13 March 2023

Time: 3:00pm – 4:30pm

In this session Jacqui will cover:

- Understand the various reactions people in your team could be experiencing.
- What are the core needs for people during and recovering from disaster in the workplace.
- How can leaders respond, plan and act to best support their people during this time.
- How can leaders best care for others when their individually struggling.



About Jacqui

A prominent mental health thought leader, Jacqui harnesses her exceptional communication skills, traditional media and modern technology to promote wellbeing and fight against our nation's mental health crisis. She draws attention to challenges that could otherwise remain invisible in public discussion and provides clear pathways for meaningful change.

Jacqui's professional career has been anchored in corporate wellbeing; managing a national company of clinical psychologists providing wellbeing and mental health support across the public and private sector.

Jacqui independently provides workplace wellbeing services to Kiwi businesses; including consultation with executive teams and Boards, wellbeing programme design and training facilitation to small and large teams.

As the only female psychologist consistently present in the public domain, Jacqui works tirelessly to overcome the historic stigma attached to mental health and to increase access to evidence-based support. She is regarded for her rare ability to relate theory to people's everyday realities; and to provide practical ways to enhance their wellbeing.