

Empowering Women's Event

What a great event!

I attended the Empowering Women's Event at the Double Tree Hilton Hotel recently, we had a range of inspirational speakers sharing their journeys of life and involvement in Unison, there were workshops on Confidence Building, Misogyny and Hate Crime, Mental Health and a session on Mindfulness.

The atmosphere was relaxed as we were encouraged to join the Women's Network in improving policies on issues such as the Menopause, Parental leave and Work life Balance with our employers. We had a presentation on UNISON learning and the support offered by UNISON for members to improve our employment opportunities and manage our Health & wellbeing. I came away from the event feeling encouraged and supported, that as a collective we can make a difference to our workplaces and communities.

If you couldn't get this year, I hope you can make it next year - we owe it to ourselves to prioritise space & time in our busy life's to nurture ourselves and each other in a safe and supportive environment.

If you would like to become more involved in your UNISON Women's Network, contact the Notts County Branch Office and let us know, we would be happy to hear from you, thanks, Karen 😊

Email address, Branch.office@unison.org.uk

