



## ED&I NEWSLETTER

Equality, Diversity & Inclusion

### Lent Term : 17 January – 17 March

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#### **Self-Match Mentoring Scheme: Welcome and introduction**

(for professional services staff only)

Offered monthly, next date 19 January | 10:00-11:00 | Book [here](#)

#### **What do you value in life?**

Offered every other month, next date 9 March | 10:00-11:00 | Book [here](#)

A 'taster' session to provide you with an introduction to thinking about your values.

These events are offered by the [Organisational Development Team](#)

#### **Cambridge Sport Flexi Pass**

The Sports Service is delighted to introduce the new 'Cambridge Sport Flexi Pass' which is for University and College staff only.

“We want to recognise the change in working patterns since the pandemic with more people turning towards hybrid working. The Cambridge Sport Flexi Pass is designed to allow you to work out your way with flexibility and freedom”.

If you have any questions about the Cambridge Sport Flexi Pass, please email [enquiries@sport.cam.ac.uk](mailto:enquiries@sport.cam.ac.uk)

#### **How would improving your focus habits benefit you?**

24th January | 12pm - 1pm | [Register here](#)

Join this 1 hour session to learn:

- How our brain gets into the flow state - neuroscience of focus
- Why focus is important for wellbeing as much as productivity
- Manage distracting thoughts (frustration, anxiety etc) and devices
- Plan a mini pre focus ritual - a routine to help you focus

Delivered by Sam Thorogood from Tiny Pause

A pdf version of this Newsletter is available [here](#)



