

## **#RCSIttogether Bulletin 9 - Webinar Series; Virtual Meetings, RCSI Discover blog; Health Insurance, 10k Challenge and Gratitude**

Dear Colleagues,

What a week it has been for the RCSI community! Results day is one of the highlights of the RCSI year and our first virtual results day was fantastic, well done to all who brought this to life and made it so special for our students. We were also so proud to be announced as the Times Higher top ranked university in the world for Good Health and Wellbeing, another super achievement for us.

In line with the feedback received in the recent Pulse Survey, we are reducing the frequency of the RCSIttogether bulletin to once per week on a Friday. In addition, we wanted to create a central repository for all staff supports and resources. We have now created an RCSIttogether section on the staff portal to house a range of staff supports and resources. [Here](#) you can find details of supports for working remotely, development resources, LinkedIn Learning curated playlists, details of the Employee Assistance Programme and a Suggestion Box as we want to continue to hear your thoughts and feedback at this time. I'd like to particularly highlight the Employee Assistance Programme – you and your family members have access to 24/7 telephone and video professional counselling. If you are struggling with any aspect of the changes the pandemic has brought to our lives, this support is there for you to avail of. It's completely confidential and no details are shared with RCSI. You can find further details [here](#).

### **#RCSIttogether Learning**

Virtual meetings are a key part of organisational life for us now and for many of us much of our working day is now spent on video calls. It's important that we make these meetings as impactful as possible and this article from Harvard Business review on "[How to elevate your presence in a virtual meeting](#)" is worth a read.

I'm looking forward to the RCSIttogether webinar series that kicks off next Tuesday April 28th at 2pm. We are bringing together a range of RCSI colleagues to share their expertise with staff to help them through the current crisis. The first session kicks off with Prof Ciaran O'Boyle on the topic of "Principles of Positive Psychology: Tools and Techniques for Difficult Times". If you'd like to attend please register [here](#).

Our education colleagues may be interested in the HPEC workshop "Stirred but not shaken. Helping health professions' learners to navigate uncertain situations". The session is also running next Tuesday from 10am-12noon and will cover important points on how to unpack uncertain situations

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(timely!), and what knowledge, skills and attitudes can help our learners - and us - to manage these. The workshop forms part of a research project so spaces are limited. To register your interest please email HPEC - [hpec@rcsi.ie](mailto:hpec@rcsi.ie)

### **#RCSIttogether HealthScience**

The **RCSI Discover blog** has published [a new article](#) recently looking at research on the dangers of vaping and how a chemical in some vaping products releases a toxic gas when heated. The research comes from RCSI's **Department of Chemistry**, which has a long history of research innovations and breakthroughs that we invite you to learn more about [here](#).

[Chemistry and Pharmaceutical Sciences](#) is a significant pillar of research excellence across RCSI. You can find out more about our Principal Investigators (PIs) and their work in this field [here](#).

### **#RCSIttogether Minding Others**

[Jigsaw](#) provides a range of resources for parents and young people about how to best support their mental health, including students in their Leaving Cert year. They've prepared [A parent's guide to Leaving Cert stress](#). In this [webinar recording](#) Jigsaw clinicians discuss goal setting, motivation and give guidance on managing Leaving Cert stress for parents. They will be running further webinars, including one on ['Supporting young people to stay positive and motivated.'](#)

### **#RCSIttogether Minding Yourself**

This week's Minding Yourself tip is about practicing Gratitude – a well-established technique from Positive Psychology. People who regularly count their blessings by taking time to notice and reflect upon the things they're thankful for tend to be happier and feel more positive in life. New research is starting to explore how gratitude works to improve our mental health, you might like to read this article published by the Greater Good Science Centre at UC Berkeley on ['How Gratitude Changes You and Your Brain'](#). A good way to start practicing gratitude is to keep a gratitude journal, keeping a physical record of the people or things you have in your life that make you feel good can have profound effects on you and your relationships. There's no wrong way to keep a gratitude journal but for some helpful tips to get you started the Greater Good Science Centre have created a [Gratitude Journal](#) guide.

You may have seen some coverage in the news of recent announcements by health insurers of rebates for policy holders. As many of you know we have retained the services of healthcare insurance expert Dermot Goode to advise RCSI staff on getting the most from their health insurance. Dermot's latest newsletter explores what members can do to reduce their costs further and may be of interest to you. <https://home.rcsi.com/comments/update/568116>

Our gym team have a new challenge for you! A lot of people are struggling with motivation and weight gain at present and our colleagues in the RCSI Gym want to help you achieve something great in the midst of all the turmoil. 'Join' your RCSI colleagues and students by training for and

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completing the #RCSITogether10k on 27th June 2020. This challenge is for everyone, but especially people who have never considered running or walking 10k. You will be provided with everything you need to successfully complete this challenge and all participants commit to adhering to any and all official restrictions in place in their own country for their training and the event itself. For more information or to register your interest, simply email [gym@rcsi.com](mailto:gym@rcsi.com). “I can be changed by what happens to me. But I refuse to be reduced by it.” — Maya Angelou

Finally, you continue to inspire us with the poetry you have been sending in thank you! a testament to the power of the arts to remind of the important things when life is challenging. Today I’m sharing **‘Don’t Miss the Chance’** by Michael Josephson.

“Don't miss the chance to read;  
reading stretches your mind and strengthens your heart.

Don't miss the chance to think;  
thinking yields understanding and wisdom.

Don't miss the chance to learn;  
learning empowers and enlarges you.

Don't miss the chance to dream;  
dreams give your imagination wings.

Don't miss the chance to feel;  
feeling paints your hours and days in vibrant colors.

Don't miss the chance to remember;  
memories are the museum of your past.

Don't miss the chance to try;  
trying is the first step to every achievement.

Don't miss the chance to change;  
change is challenge.

Don't miss the chance to work;  
work gives you independence and fills your days with purpose.

Don't miss the chance to serve;  
service is the surest road to personal fulfillment.

Don't miss the chance to smile;  
smiles sprinkle sunshine wherever they land.

Don't miss the chance to laugh;  
laughter is music that makes your troubles dance.

Don't miss the chance to give;  
giving is the best form of getting.

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Don't miss the chance to love;  
love opens your heart and fills it with joy.”

Have a good weekend everyone and stay safe

Barry & the HR Team

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