

MIIndful Chair

The MIIndful Chair is responsible for the Institute's wellbeing support network.

During June 2020, we launched our Wellbeing Support Network, MIIndful Manchester. The programme expanded the current CPD programme to include mental health topics, wellbeing activities and the introduction of our Wellbeing Supporters.

A group of Wellbeing Supporters have been trained in Mental Health First Aid. The group of 10 individuals are here to support members.

The role of the local institute is primarily to adopt the objectives of the CII, as defined in its Charter and Bye-laws, for the benefit of your local members, prospective members, students and the local insurance and financial services community.

Main responsibilities

- Agreeing the number of mental health and wellbeing sessions to host for the year's CPD programme and confirming the dates.
- Identifying and, in conjunction with the president and council, agreeing suitable topics for lectures and sourcing suitable speakers.
- Organise wellbeing activities for members to be involved in.
- Sourcing and liaising with the venue or online platform and speaker in advance of an event to ensure all prepared (*including room layout, presentation, refreshments, payment*) meeting the requirements of the health and safety policy.
- Responsible for the Wellbeing Supporters group. To organise monthly meetings and identify learning opportunities.
- Arrange regular meeting with committee and also the group of wellbeing supporters to continue relationship building and updates.
- Ensure feedback is reviewed for future events.