

ABP October Monthly Newsletter

| 2 October 2023

ABP Awards 2023



Book now for the ABP Awards on 8th November.

Delegates will get to enjoy a jam packed schedule of interactive sessions, workshops and round table presentations from our finalists throughout the day. Followed by a glitzy evening Awards ceremony and dinner, where you can join in the celebrations, while also carrying on those conversations from the day in a more relaxed setting.

Whether you only want to attend the day or the evening or want to immerse yourself in the full Awards experience, we've got a ticket package to suit. You can secure your place via our dedicated Awards page on the ABP website [here](#).

Welcome to ABP Awards Silver Sponsor - Talogy



We are delighted to be able to introduce Talogy, as the newest sponsor of this year's ABP Awards.

Silver sponsor Talogy, is an assessor and developer of global talent, crafting solutions that screen, select, develop, and engage talent worldwide. By uniting the leading psychologists, data scientists, developers, and HR consultants, the power of psychology and technology is brought together to provide the best data-driven people decisions. With more than 30 million assessments delivered each year in more than 50 languages, Talogy helps clients discover organisational brilliance and develop a pipeline of talent.

For more information, click [here](#).

What are we listening to?



Check out our latest ABP Podcast: "Stop, think and ask, 'what is the problem?'" A conversation with Professor Rob Briner.

Rob Briner is an inspirational thought leader in the field of evidence-based practice in management and HR. In a wide ranging discussion with Rob Feltham he highlights the dangers of business psychologists and other practitioners becoming submersed in “activity” without considering sufficiently how their work addresses the client organisation’s overall goals and needs. He also highlights the potential for business psychologists to deploy their skills to greater effect in the businesses they serve, and the need for better training of psychologists in this regard.

To listen to the full Podcast, click [here](#).

International Happiness at Work Week



In recognition of 'International Happiness at Work Week' we asked our followers on social media to share what they do to ensure happiness at work, whether as an individual or within their organisation, and these are the top five comments.

1. Remind yourself "why" you're doing what you're doing. Reflecting on a purpose that motivates our actions is reassuring and can be rewarding.
2. Stretch your mind. Try to learn something new, whether a new function in Excel or a new skillset completely, keeping your brain trained to learning can be energising.
3. Active listening. Employees know they're being listened to when their managers work to incorporate and implement their employees' ideas and give credit where credit is due.
4. If working from home, take five minutes every hour to get up and move and walk around. Walking can help to improve your mood, stimulate creativity and help enhance your focus.
5. Give yourself a break. Making time for breaks is important to help manage feelings of stress.

Launched in 2018, organisations and employees are encouraged to put the topic of happiness at work at the top of their agenda and to start making changes towards creating a happier workplace.

It has been demonstrated that happier employees tend to be more involved, more productive, more cooperative, more creative, and more innovative. They are less likely to call in sick and there is a decreased chance they will experience burnout.

Jobs Board

Head over to the [ABP Jobs Board](#) to check out the latest vacancies from MI5 and MI6



Organisational Development and Assessment Specialists

As an Organisational Development and Assessment Specialist, you'll partner with a variety of stakeholders to resolve their needs, drawing on your expertise in applied HR and Organisational Design (OD) settings. Your goal will be to provide highly valued, people-focused advice, training, and consultancy across a fascinating range of roles, contexts, and challenges.

[Apply here](#)

If you're looking for your next career move, or that first step into the world of Business Psychology, then keep an eye on the ABP [Jobs board](#) for the latest vacancies and opportunities.

Upcoming Events & Training

[3rd October, Leading with Empathy: Prioritising Employee Wellbeing to Reimagine the Future of Work.](#)
Speaker: Zana Busby (CBP)

[13th October, Book Club: Business Intelligence; what Business can learn from the World of Spying.](#)

[19th October, New Member Welcome session.](#)

[20th October, Why Mindset Matters Most. Speaker: Rich Cook \(CEO and Chief Psychologist, Mindset Practice\)](#)

[3rd November, Exploring careers as a business psychologist. Speakers: Dr Johanna Walter and Becca Gravel \(SHL\).](#)

To view the full events calendar, click [here](#).



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