

April Wellbeing Series

Join us this April for a fantastic line-up of shows. We'll be learning about understanding neurodiversity and how to support our communities on April 3rd. Followed by a show to mark World Parkinson's Day on April 10th. Next, we'll be slowing things down, as we discuss embracing 'Slow Travel' for wellbeing. Workplace Wellbeing Day is also taking place on the 25th April. So tune in for a variety of events. We'll have a workplace workout and a session on goal setting for personal growth in the afternoon.

Understanding Neurodiversity

Wednesday 3rd April, 1:15pm

On this week's show, we'll be exploring neurodiversity. We'll learn about how to be more inclusive, and celebrate our uniqueness. Tune in to find out how to better support neurodiversity in your communities.



Dr. Fleur-Michelle Coffait
Clinical Lead &
Neurodivergent Consultant
Clinical Psychologist



Emer O'Neill
Teacher, Presenter,
and Activist

Embracing 'Slow Travel' for Wellbeing

Wednesday 17th April, 1:15pm

On today's show, we'll be doing a deep dive into the slow travel movement. Learn about immersing yourself in new cultures and experiences. Discover the benefits of taking things slow and its effect on our wellbeing.



Fionnuala Moran,
Sustainable Living Expert

Our Hosts



Keith Walsh
Radio DJ, Writer
& Presenter



Eimer Daly
Presenter



Clare McKenna
Radio & TV Presenter

World Parkinson's Day

Wednesday 10th April, 1:15pm

Today we're exploring Parkinson's disease. We'll be looking at the impact Parkinson's has on everyday life for those living with the condition. As well as how it affects those around them. There will also be live Q&A on the day answer any questions you may have.



Emma Lawton
Blogger, artist, writer, speaker,
diagnosed with Parkinson's at age 29

Workplace Wellbeing Day

Thursday 25th April

Workplace Workout

with Leanne Moore Behan

Goal Setting for Professional Growth

with Oonagh O'Hagan, Devin Toner,
and Lynda Barry

Workplace Wellbeing Day

Workplace Wellbeing Day is happening on the 25th of April. Tune in for two special events to celebrate this day. We've got 'Workplace Workout' with Leanne Moore Behan to start the day, and 'Goal setting for professional growth' at 12pm with our guests Oonagh O'Hagan, Devin Toner, and Lynda Barry.

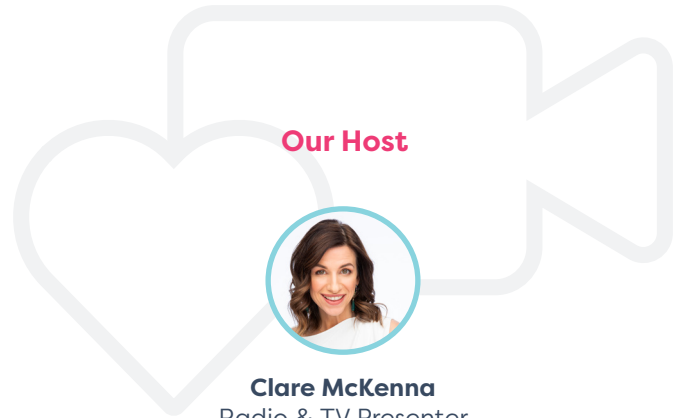
Workplace Workout

Thursday 25th April, 8am

Get fit with a morning workout with well-known fitness instructor Leanne Moore Behan for our Workplace Workout in the digital gym.



Leanne Moore Behan
Fitness Expert



Our Host



Clare McKenna
Radio & TV Presenter

Goal Setting for Professional Growth

Thursday 25th April, 12pm

Empower your professional journey at noon with 'Goal Setting for Professional Growth.' Dive into the realm of job satisfaction with insightful perspectives from our range of esteemed guests.



Oonagh O'Hagan,
MD of Meaghers Pharmacy Group and
Business Woman of the Year 2022



Lynda Barry,
International Career Consultant.



Devin Toner,
Former professional rugby player and
Head of Partnerships at Fairstone



eLearning

Your Wellbeing In Focus:

In this month's e-learning, we encourage you to check in with yourself on your overall wellbeing. Are you getting enough sleep and exercise? Do you need to manage your time better? In this course, we will help you learn healthy habits to put in place at work and at home to achieve a healthier work-life balance.

Guides

'How to' Tipsheet to download, view and share.

- A Guide to Using Neuroaffirmative Language
- Workplace Wellbeing Day

How to access the Wellbeing Studio:

You will be able to see a full schedule of seminars on your Health and Wellbeing platform. Here you can view all seminars live or catch up on demand.

1. Go to **app.spectrum.life**
2. Sign in using your username (email) plus password or valid organisation code available from your HR team lead (if this is your first time accessing the platform). The top navigation will contain the Digital Studio with drop down for the Wellbeing Series

