

June: Disconnect to Reboot

Our unique digital wellbeing studio will deliver to you a 4-part, live wellbeing series of 4 seminars plus additional content accessible on a dedicated platform every month.

We are living in an “always on” world, surrounded by technology and devices. It can be hard to switch off, and the past year has impacted us even more. We will be joined by special guests and experts armed with lots of useful advice.

Tune in from Wed 9th June at 1.15pm



June Wellbeing Series

An engaging health and wellbeing studio experience delivered to a dedicated platform, supporting you as you continue to work remotely. This month focuses on Disconnecting to Reboot !

Host: Ntsoaki Phakoe-Mckevitt



Career Coach, Podcaster
& Mental Health
Champion

What this series delivers:

- 4 live seminars with option to interact with the host and guest via polling and Q&A function.
- 'Understanding yourself and Rebalancing' e-learning.
- Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

Seminars

June

**Wednesday
9th
@ 1.15pm**

Finding Balance

We live in an “always on” world. We are surrounded by technology, social media and devices, they have become part of how we function. This week we will focus on learning how to disconnect and making time to focus on our wellbeing. With special guests: Dani Hiro, vinyasa yoga teacher; Sarah Shannon, Lulemon ambassador and Susannah Healy, psychologist.

June

**Wednesday
16th
@ 1.15pm**

Reconnect with Nature

This week we will look at the benefits of getting outdoors, whether its jumping into the sea, or going on hikes, we'll look at the powerful effects of nature on our mind and body. With special guests: Raj Singh from "The Happy Pear" and Mel McDermott from "Galz Gone Wild".

June

**Wednesday
23rd
@ 1.15pm**

Reconnect with Yourself

This week we'll be discussing 'being present' and making time to focus on ourselves and what makes us happy. We'll also speak to someone who's taken up a new skill in the past year. With special guests: Daniela Deitl, Pilates; Sarah Breen, Author; Sarah Shannon, Lululemon ambassador.

June

**Wednesday
30th
@ 1.15pm**

Reconnect with Your Goals

We're halfway through the year and what a year it has been. This is the perfect time to re-evaluate and check in on yourself. How are you goals going? And is it time to set some new ones? With special guests: Jack Kavanagh, wellbeing coach and Alisha O'Donovan, psychologist.

Guides

An elearning course on Rebooting. Available to view in your own time.



- Many of us are so busy with work, school, and home life that often there is no time left over to do something that you enjoy.
- This month's e-learning with focus on the importance of making time for yourself and looking after your mental and physical wellbeing in times of imbalance. We will offer some tips to help ensure you have more quality 'me time' for the things you really enjoy.

elearning

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



- Tips for a Successful Digital Detox
- Ways to Reconnect with Nature

How to Access the Wellbeing Series

You will be able to see a full schedule of classes on your Health and Wellbeing platform. Here you can view recorded classes that have happened in the past.

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 contains the Digital Studio with drop down for the Wellbeing Series.

