

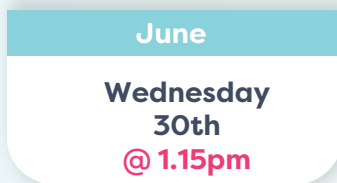
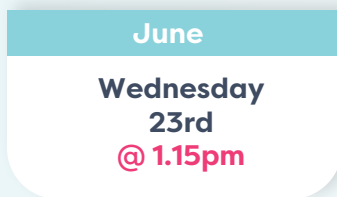
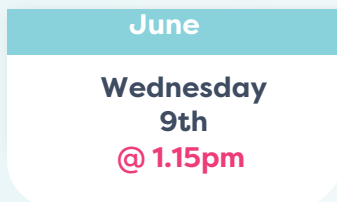
June Wellbeing Series

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

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.

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".

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.

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.