

ONLINE HEALTH AND WELLBEING – WORKSHOP EVENTS 2022

#	EVENT	SPEAKER	ORGANISATION	MEMBER	DATE
1	GENTLEMEN, LET'S TALK ABOUT THE MENOPAUSE				30/9/21
2	GU6 LAUNCH – ROUTES TO RESILIENCE				12/11/21
3	IMPORTANCE OF WORKPLACE WELLBEING TO BUSINESSES				18 FEB 1000 – 1100
	WHY IS PHYSICAL HEALTH AND WELLBEING SO IMPORTANT TO EMPLOYEES	POLLY DURRANT	LIVEWELL	✓	
	LINK BETWEEN MENTAL HEALTH AND DIET	JASMINE NAVARRO	THERAPY PARTNERS	✓	
	SLEEP – HOW TO UNLEASH THE SUPERPOWER	DEBBIE MARTIN	BWT PHYSIO	✓	
	KINDNESS AT WORK	NAHLA SUMMER	A CULTURE OF KINDNESS	✓	
4	CREATING HEALTHY WORKPLACE ENVIRONMENTS FOR EMPLOYEES				15MAR 1100 - 1200
	THE BENEFITS OF STANDING DESKS	STUART ENTWISTLE	OSMOND ERGONOMICS	✓	
	HOW TO CREATE APPEALING WORKPLACES	DEBBIE MARTIN	BWT PHYSIO	✓	
	ENGAGING STAFF AND YOGA AND MINDFULNESS	DIANA BRIGGS	THERAPUTIC YOGA	✓	
	THE BENEFITS OF PLANTS IN THE OFFICE	SARA DUNNING	THE BIG PLANT COMPANY		
6	MANAGING MENTAL HEALTH - BUILDING RESILIENCE				16 MAY 1100 – 1200
	CONFLICT MANAGEMENT				
	BUILDING RESILIENCE				
	MANAGING STRESS AND BUILDING RESILIENCE				
	EFFECTIVE DECISION MAKING				
	EMPLOYMENT LAW AND HEALTH AND WELLBEING			✓	
	HOW TO COPE WITH LONLINESS				
5	FEATURE ON MEN'S HEALTH MATTERS				14 JUNE 1100 - 1200
	FOCUS ON MEN'S HEALTH				
	PROSTATE CANCER				

7	MENOPAUSE MATTERS				19 JUL 1100 - 1200
	MENOPAUSE WELLBEING TOOLKIT				
	AVOIDING OSTEOPOROSIS				
	COPING WITH FATIGUE				
	ADDITIONAL COPING MECHANISIMS				
8	HEALTHY EATING WHY IT MATTERS AT WORK TOO				20 SEP 1100 - 1200
	THE IMPORTANCE OF THE MICROBIOME				
	ALCOHOL – HOW TO DRINK MINDFULLY				
9	THE BENEFITS OF BEING IN YOUR BEST PHYSICAL HEALTH				18 OCT 1100 - 1200
	CRYOShower THE BENEFITS OF COLD WATER THERAPY				
	PHYSIOTHERAPY				
	THE IMPORTANCE OF PHYSICAL ACTIVITY				
	A BEGINNER’S GUIDE TO PILATES				
10	HOW TO MANAGE FINANCIAL STRESS				13 DEC 1100 - 1200
	DEALING WITH FINANCIAL STRESS				
					2023
11	MANAGING MENTAL HEALTH - BUILDING RESILIENCE				JAN 23
	WORKPLACE WELLBEING/UNDERSTANDING STRESS				
	RECOGNISING THE SIGNS OF STRESS - PREVENTATIVE				
	HOW TO AVOID BURNOUT				
	DIET AND MENTAL HEALTH				
	MANAGING GRIEF AND LOSS IN THE WORKPLACE				

	HOW TO MANAGE REDUNDANCIES IN YOUR WORKPLACE				
	EMPLOYMENT LAW				
12	OTHER TOPICS TO BE FEATURED				FEB 23
	OVERCOMING S.A.D				
	SPIRITUAL WELLBEING				
	THE BENEFITS OF NATURE/GROUNDING				
	DEVELOPING EMOTIONAL INTELLIGENCE				
	A BEGINNER'S GUIDE TO MINDFULNESS				
	TIME MANAGEMENT TECHNIQUES				
	BETWEEN THE SHEETS – SLEEP FOR MENTAL HEALTH AND PERFORMANCE				
	RECOVERY FROM CHRONIC PAIN AND ANXIETY				
	KINDNESS IN THE WORKPLACE				