

# Monthly Wellbeing Webinar Programme

*With our monthly webinar programme, employees will gain access to live wellbeing webinars delivered by industry expert speakers on topics covering all five areas of our Centre of Wellbeing.*

Run on Zoom Webinars, these events are fully remote and anonymous as no microphones and cameras are available for the audience. All events include a Q&A with the ability to ask your questions anonymously.

We also provide a written communication and event flyer for internal distribution.

Previous topics include:



Nutrition for Immunity



Moving Through Stress



Improving Sleep & Wellbeing



Menopause Awareness



The Benefits of Movement – Longevity Hacks



Planning for Retirement



Understanding Neurodiversity



Digital Distraction & Productivity

Employees will also have access to the recording of the live webinar for a minimum of 30 days. This can be circulated internally to all employees, regardless of whether they signed up for the live event or not.

**£1200 per annum**

*Speakers can charge upwards of £700 for a single wellbeing talk. By signing up for our monthly webinars you will be providing your employees with a year long programme for less than the cost of two webinars, should you book them individually.*