April: Workplace Wellbeing

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.

This month we’re celebrating workplace wellbeing in the run up to Workplace Wellbeing Day on Friday 30th April. We may have picked up a few bad habits whilst working remotely. So, to help us get back on track, this month’s seminar series focus on making positive changes for the future. We will be Joined by special guests and wellbeing experts to cover all aspects of positive behavioural change impacting our physical and mental wellbeing from healthier eating to stress management and staying connected and motivated in the workplace.

Tune in from Wed 7th April at 1.15pm
April Wellbeing Series
An engaging health and wellbeing studio experience delivered to a dedicated platform, supporting you as you continue to work remotely. This month we’re celebrating workplace wellbeing in the run up to Workplace Wellbeing Day on Friday 30th April.

Host: Claire McKenna
Presenter of Alive and Kicking on Newstalk Radio

What this series delivers:
- 4 live seminars with option to interact with the host and guest via polling and Q&A function.
- ELearning: Making Changes for a Positive Future
- Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

Seminars

Resetting Behaviours
Have you picked up some bad habits during Covid 19? Not exercising enough, poor time management, eating and drinking more? You’re not the only one. This week we will be joined by special guests including Trisha Lewis sharing their knowledge and experience motivating you to get back on track.

Trisha Lewis is an author, corporate wellness speaker, chef. She is most well known for her Instagram page Trisha’s Transformation which follows her weight loss journey. Trisha wrote her first book in 2020.

Fuelling Your Wellbeing
This week we are looking at Nutrition and the changes we can all make for a more positive future. Joined by guest experts Sofie Bertrand and Carla Bredin. We will discuss nutrition and planning for the whole family, gut health and how food impacts our mood and energy.

Your Mental Wellbeing
Many of us have been working from home for over a year now. This week we’ll discuss how to manage feelings of isolation and stress, what support tools are available to us, as well as remote working tips and techniques for a more positive future. With special guests Rowena Hennigan and Dr Patrick Ryan.

Celebrating Workplace Wellbeing Day
Join us for an interactive and engaging food hack inspired demo to keep us eating well as we work from home from TV chef Erica Drum followed by a meditation session with Laurel Gosselin.
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.

Guides
A video series on making changes for a postivie future, Available to view in your own time from Health Promotion Officer, David Bergin

- Reflecting On Your Wellbeing
- Mental Wellbeing Changes
- Time management
- Your Remote Work Set Up
- Maintaining Connections
- Nutritional planning.

elearning

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

- Nutrition tips to Boost your Energy and Mood
- Tips on Managing Feelings of isolation and Anxiety

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