

January: New Years Resolutions

Its been quite a year for everyone. We are here to help you kick start 2021 in a positive way with a high quality, health and wellbeing experience, supporting you as you continue to work remotely. Our unique digital wellbeing studio will deliver to you, a 4-part, live, wellbeing series plus additional content accessible on a dedicated platform, every month. This month, the focus is on how we can make positive, behavioural changes, and stick to them. Our special host, Claire McKenna from Newstalk Radio will be talking with a variety of experts throughout the month on this topic.

It promises to be both informative and engaging.
Tune in from Tuesday 12th at 1315hrs.



This Month's Series

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
- An informative elearning companion course on how to adopt behavioural change to undertake in your own time.
- Supportive guides relating to the series topics for you to download, read and share with your colleagues

Seminars

January

Wednesday
27th
@1315hrs

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1. Nourish and Goal Setting

In the first event in our series, we will be getting an expert view on why setting goals helps trigger new behaviours and makes them sustainable in our lives

2. Learning From the Past

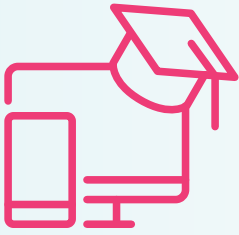
We shouldn't forget about the past. We should learn from it. This week's show is about understanding how past events can provide lessons and guidance for our future.

3. Motivation and Dealing with Obstacles

Overcoming adversity when the unexpected happens is part of daily life. In this show we talk about how bumps in the road are part and parcel of achieving our goals.

4. Maintaining the Change

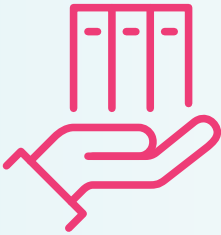
Making change permanent is not about getting it perfect, it's about continuing to imperfectly move forward. This week we will talk about making our resolutions stick.



Guides

**A video series addressing behavioural change.
Available to view in your own time.**

Making a lasting change in behaviour is rarely a simple process. It usually involves a substantial commitment of time, effort, and emotion. In this eLearning course, we will show you how you can use the states of change model to help develop a proactive and committed approach to changing your behaviour, for good.



eLearning

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

- How to make your New Years Resolutions and stick to them.
- The Psychology behind behavioural change and how to address it in your day-to-day.

How to Access the Digital 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 (if your company do not have an account)

The top navigation contains the Digital Studio with drop down for the Wellbeing Series.

