

July wellbeing series



Hosts:

Clare McKenna, Radio Host;

Keith Walsh, Radio Host;

Joanne O'Riordan, Irish Activist & Sports Journalist

July

Wednesday 6th

@12pm

July

Wednesday 13th

@12pm

July

Wednesday 20th

@12pm

July

Wednesday 27th

@12pm

What this series delivers:

- 4 live seminars with options to interact with the host and guest via polling and Q&A function.
- 'Sleep Strategies & Solutions' self-assessment e-learning.
- Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

Self-Care

This week's seminar will focus on self-care, exploring the benefits of establishing a self care routine in our busy lives ensuring we make time to focus on ourselves and do things that make us feel good.



Dr. Neesha Patel,
Health Psychologist



Laurel Gosselin,
Health and Wellness
Coach

How to be Mindful

Taking notice of our thoughts, feelings, sensations and the world around us is the first step to being more mindful. So join us this week as we discuss all things mindfulness and how we can incorporate it into everyday life.



Fergus Maher,
Mental Health Promotion
Manager at Spectrum.Life



Dr. Neesha Patel,
Health Psychologist

Women in Sport

This week's theme is 'women in sport' we'll be joined by some fantastic role model guests as we discuss empowering women and girls through sport. We'll be discussing topic such as; how sport builds confidence, clubs & community, benefits of staying active and equality in sport.



Lindsay Peat,
Ireland Women's Rugby
Union International



Sarah McCaffrey,
Dublin GAA Ladies
Footballer

Decluttering 101

Decluttering has some great benefits for our physical and mental wellbeing. The process itself can be energising, fulfilling and help reduce anxiety. According to research in Psychology Today, "When things feel out of order, it can (but not always does) make us feel scattered and anxious. Creating order relieves that anxiety".



Sarah Reynolds,
Founder of Organised
Chaos

To register or join on the day, visit layahealthcare.ie/wellbeing/#/events