



wellbeing  
studio



Follaine le Chéile  
Wellbeing Together

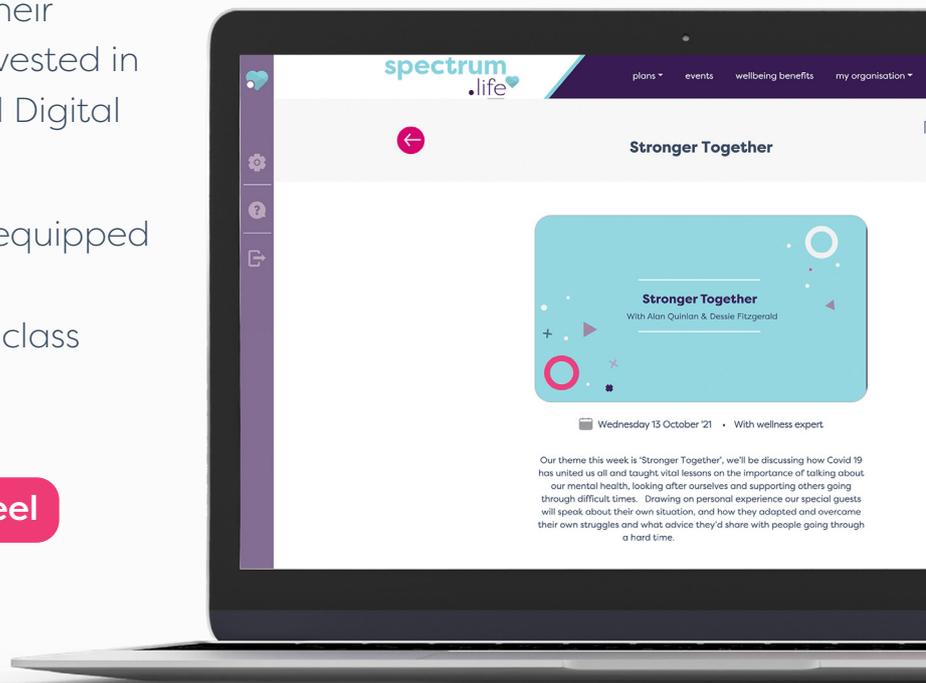
# Digital Wellbeing Studio

**The impacts of the pandemic means our mission to deliver high quality, expert-led health and wellbeing is more important than ever.**

Over the course of Covid-19, Spectrum.Life have delivered over 1,000 virtual events to over 100,000 attendees. However, we recognised that the quality of video conference tools had their limitations, and therefore we invested in the construction of a dedicated Digital Wellbeing Studio.

Our Digital Wellbeing Studio is equipped with the leading live streaming technology to deliver a best-in-class experience for employees.

[Click to play our Studio Showreel](#)



## Our studio includes:

- 4k cameras with increased pixel resolution and streaming quality.
- High definition sound quality.
- Q&A and polling functionality for increased participant engagement.
- Integrated platform booking with no clunky registration system.
- Branding opportunities through onscreen graphics,
- Lighting and custom backdrops.
- A team of content producers and technicians ensuring a smooth running and a great experience.

# Our Studio Solutions

We've created a number of ways of giving your employees access to our Digital Wellbeing Studio for companies of all sizes and budgets.

## Our offerings here include:



### Wellbeing Series

A weekly seminar series focused on a variety of wellbeing topics from industry wellbeing calendars, delivered by a health and wellbeing presenter and joined by relevant experts. Employees will have a dedicated area to access the series and view related content.



### Digital Gym

A weekly schedule of live and on demand fitness classes, delivered by experts who will demonstrate a safe and maintainable way to tackle fitness at home.



### Custom Programme/ Schedule

Our expert content team can design a custom programme for your organisation based on its unique needs and strategic goals. This will also be delivered in a fully branded environment reflecting your internal wellbeing or corporate identity.

# Our Weekly Wellbeing Series



In this programme, employees will use our online platform to access a weekly topical wellbeing seminar based on published wellbeing calendars, plus some additional themes of our own. The seminars will be presented by one of our health and wellbeing presenters each month, and feature a range of guest experts who can talk to each of these topics.

## Also included each week:

- Live seminars with Q&A and Polling.
- A new associated elearning course for employees to take part in their own time.
- A range of guides for employees to download.

## Our event topics are informed by global wellbeing calendars:



### January:

Dry January | National Trails Day | Get Ireland Active

### February:

World Cancer Day | Safer Internet Day | Eating Disorder Awareness Week

### March:

Zero Discrimination Day | International Women's Day | World Sleep Day

World TB Day | International Day for the Elimination of Racial Discrimination

# Wellbeing Series Schedule

## Presented by:



**Clare McKenna** is a popular broadcaster, speaker, TV presenter and radio host. She is a mother of two and a mental health and wellbeing advocate. Most recently Clare has launched her first podcast 'Changemakers' where she speaks to interesting activists and advocates looking to make the world a better place.



**Keith Walsh** is well known radio DJ, performer, broadcaster, podcaster and writer. He is also father, and has a keen interest in mental health and wellbeing.



**Lauren Guilfoyle** is a Masters graduate of Sport and Performance Psychology, and understands the importance of a varied mental skill-set and effective communication strategy when it comes to motivation and success. Lauren is also an Assistant Lecturer of Anatomy on BSc Physiotherapy and MSc Occupational Therapy programmes in the School of Allied Health, UL.

| January          |                           | February         |                            | March            |                           |
|------------------|---------------------------|------------------|----------------------------|------------------|---------------------------|
| 12 <sup>th</sup> | Movement & Motivation     | 2 <sup>nd</sup>  | World Cancer Day           | 2 <sup>nd</sup>  | Eating Disorder Awareness |
| 19 <sup>th</sup> | Climate Change            | 9 <sup>th</sup>  | Safer Internet Day         | 9 <sup>th</sup>  | International Women's Day |
| 26 <sup>th</sup> | Back to School & Children | 16 <sup>th</sup> | Relationships & Connection | 16 <sup>th</sup> | World Sleep Day           |
|                  |                           | 23 <sup>rd</sup> | Shop & Save (Finance)      | 23 <sup>rd</sup> | Inclusivity               |

# Our Digital Gym



Our Digital Gym gives employees access to live and on demand fitness classes, with a weekly schedule for them to choose from. All classes are delivered by experts who will demonstrate a safe and maintainable way to tackle fitness at home.

Our team of wellness experts are passionate about health & fitness. All of our coaches are handpicked and all come from a wide spectrum of expertise, reflecting the diversity of different sports and exercises around.

## Weekly Schedule

Employees will be able to take part in up to 20 classes per week, each lasting 30-45 minutes and across a number of different class types, such as:

- Pilates
- Yoga
- Mobility and flexibility
- Full Body Workout
- HIIT
- Body Pump
- Combat Conditioning

Our Digital Gym has been extremely popular with employees who enjoy the variety of classes, expert delivery and convenience of being able to attend a class live when scheduled or access the same class at a time that suits them.



The benefits of exercise are endless! Exercise:

- Helps Manage Depression and Anxiety
- Improves Sleep
- Increases Self-esteem
- Boosts Brain Function



Sean Connolly,  
Health Promotion Officer



We know that 56% of employees have reported to be exercising less whilst working from home.

Through our digital gym, we can deliver a whole range of expertise directly to employees' homes.



Stephen Costello,  
CEO, Spectrum.Life

[Click to play our Digital Gym Showreel](#)

# Digital Gym Schedule

Here, you will be able to take part in a variety of classes every week each lasting 30-45 minutes.

## Example Schedule

|       | Monday                                 | Tuesday                  | Wednesday             | Thursday              | Friday                 |
|-------|--|--------------------------|-----------------------|-----------------------|------------------------|
| 8:00  | Positive Mat Pilates - All Levels      | Move and Meditate        | Wake Up & Flow Yoga   | Happy Heart Yoga Flow | Family Fit             |
| 11:00 | Pregnancy Pilates                      | Walking Meditation       | Pilates for Beginners |                       | Active Agers           |
| 13:00 | Feel Good Lunchtime Cardio             | Lunchtime Flow & Go Yoga | Sitting Meditation    |                       |                        |
| 17:00 | Home Gym Dumbbell Strength and Fitness | Standing Pilates         |                       | Feel Good Cardio      | Restore & Release Yoga |
| 18:00 | Active Agers                           | Stress Relief Combat     | Positive Mat Pilates  | Strength & Circuits   |                        |

### Coming in 2022:

- New studio space -
- More instructors -
- Integrated virtual personal training -

# Digital Gym Fitness Plans

## Available on demand

Due to the popularity of some of the on-demand classes, we have introduced three brand new training plans to support your skills development and to help you meet your fitness goals. Delivered by our experts:

**Daniela Dietl**, Pilates Pro who will put you through your paces with balance, flexibility and strength training;

**Dani Hiro**, Yoga Master who will encourage you to channel your inner yogi.

**Laurel Gossling**, Fitness Instructor who will get the blood pumping with her killer HIIT workouts.

To access these training plans, visit the web platform under 'digital gym'.

### Introduction to Pilates (8 Weeks)



**Instructor:** Daniela Dietl

**Level:** Beginner

This 8-week plan is designed as an introduction to Pilates. Pilates is a system of exercise and movement that is designed to increase strength, flexibility, and balance. Benefits include improved flexibility, muscle balance, improved posture, better coordination and balance.

### Introduction to Yoga (8 Weeks)



**Instructor:** Dani Hiro

**Level:** Beginner

Yoga is a vast collection of spiritual techniques and practices aimed at integrating mind, body, and spirit. Benefits include reducing stress and promoting relaxation, better sleep, boosting your immune system and helping prevent aches and pains.

### High Intensity Interval Training (8 Weeks)



**Instructor:** Laurel Gossling

**Level:** All Levels

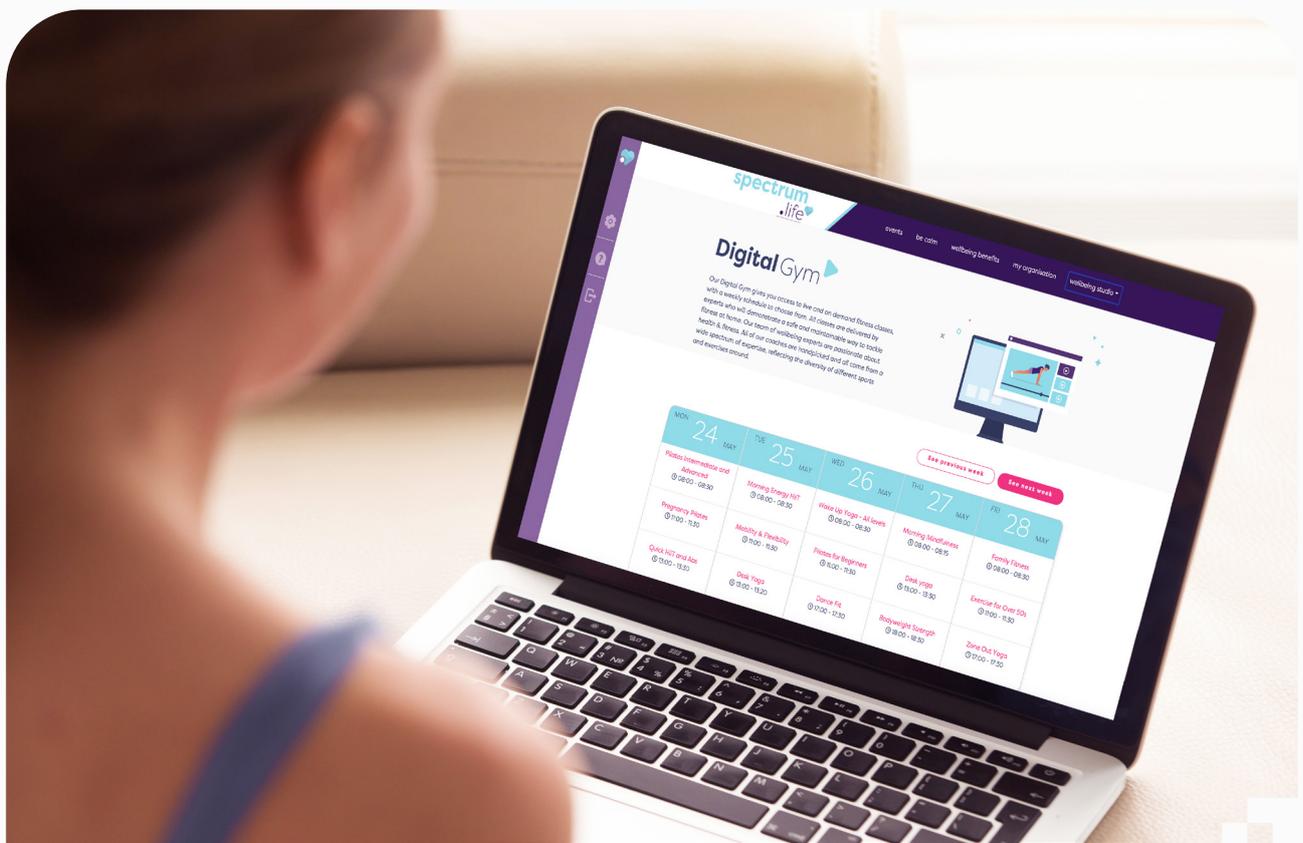
High Intensity Interval Training (HIIT) is a workout based primarily on aerobic exercise that can be done just about anywhere and at any time. Benefits include improved energy, increase in blood flow, improved cardiovascular health, and fat loss.

# Accessing the Wellbeing Studio

The Wellbeing Studio, which includes the Wellbeing Series and Digital Gym, can be accessed through your dedicated digital portal.

Employees can access the Wellbeing Together digital portal as follows:

- Sign up at [this link](#)
- Organisation code will be pre-populated. If not, organisation code is ylviiiU17
- Once logged in all of the great gym and series content can be found under the Wellbeing Studio tab





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