

January Wellbeing Series

Happy New Year, and welcome back to The Wellbeing Series. To kick things off we'll be learning how to boost our money skills. Next, we've got a show about navigating toxic positivity and social media. In week three we'll be focusing our attention to understanding addiction. Finally, to close out the month we'll be finding out how we can get that New Year glow! With a delightful show about nourishing our skin from within.

Our Hosts



Clare McKenna
Radio & TV Presenter



Keith Walsh
Radio DJ, Writer
& Presenter



Eimer Daly
Presenter

Get Finance Savvy this New Year

Wednesday 10th January, 1:15pm

Get finance savvy and boost your money skills this new year. In this week's live event, we are joined by some fabulous guests. You will learn lots of practical money management tips. All designed to help you build a more secure and prosperous future.



Kel Galavan,
QFA Money Mindset
Coach & Author and Speaker

Navigating Toxic Positivity and Social Media

Wednesday 17th January, 1:15pm

Toxic positivity is the belief that no matter how dire or difficult a situation is, people should maintain a positive mindset. This can be harmful to our mental health. Today we will be exploring the effects and pressure of social media on our health. We will give you some tips to help improve how we spend our time online.



Jennifer Watson,
Mental Health Promotional
Officer at Spectrum.life



Siobhan Murray,
Psychotherapist & Motivational
Speaker & Author

Understanding Addiction

Wednesday 24th January, 1:15pm

Today on the Wellbeing Series, our topic is 'Understanding addiction'. Sometimes we need to peel back some painful layers to understand it better. Join us as we explore this complex issue. Our guest experts will offer lots of useful advice and resources. These will help support anyone affected by addiction.



Brian Pennie,
Neuroscientist &
Author



Neesha Patel,
HCPC Registered Health
Psychologist



Ciara Darcy,
Skin Coach

Healthy Skin from Nourishing Within

Wednesday 31st January, 1:15pm

Get that New Year glow! This week we delve into the powerful connection between nutrition and our skin. We will look at some holistic practices to help you on your way. Join us and discover the key to a vibrant, and nourished complexion.



eLearning

This e-learning course is designed to provide you with essential knowledge and practical strategies to prioritize your well-being and make informed decisions about your health. The course addresses important topics such as staying active, maintaining a healthy lifestyle, and nutritional considerations.

Guides

- 'How to' Tipsheet to download, view and share.
- Get Savvy with your Saving for 2024
- Signs of addiction you can look out for

How to access the Wellbeing Studio:

You will be able to see a full schedule of seminars on your Health and Wellbeing platform. Here you can view all seminars live or catch up on demand.

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 will contain the Digital Studio with drop down for the Wellbeing Series

