

# March Wellbeing Series

Join us this March for some important days of note. We'll be standing together to mark Zero Discrimination Day on March 6th. We'll be celebrating International Women's Day on March 13th. On March 20th we'll be learning how to get better quality sleep with lots of tips from our guest expert. Finally on March 27th, you can tune in to learn all about Positive Parenting.

## Zero Discrimination Day

**Wednesday 6th March, 1:15pm**

Stand with us on Zero Discrimination Day as we call for equality. Join us as we embrace diversity, respect, and inclusion for all. Celebrate the beauty of our differences and the strength of our unity.



**Dr. Neesha Patel,**  
Health Psychologist

## How to get better quality sleep

**Wednesday 20th March, 1:15pm**

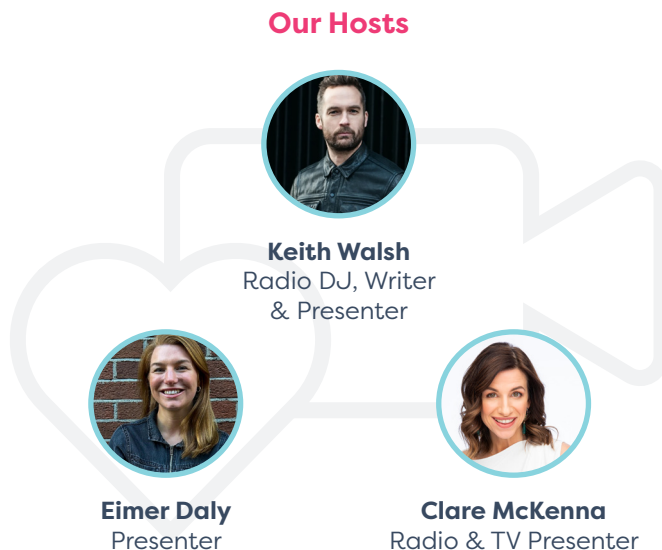
Is poor sleep having a negative impact on other areas of your wellbeing? Join us for today's show "How to Get Better Quality Sleep". Discover the secrets to achieving better quality sleep. Get helpful tips to improve your sleep quality and wellbeing.



**Deirdre McSwiney,**  
Sleep Technologist



**Arron Coleman,**  
Health Promotion Specialist



## Our Hosts

**Keith Walsh**  
Radio DJ, Writer  
& Presenter



**Eimer Daly**  
Presenter



**Clare McKenna**  
Radio & TV Presenter

## Celebrating International Women's Day

**Wednesday 13th March, 1:15pm**

Today we're celebrating International Women's Day. Come join us for a conversation about the strength and resilience of women. We have some amazing guests with us. We will discuss the positive impact women have on our world. We'll explore how we can build a more inclusive and equal society.



**Lauren Duggan,**  
Co-Founder of Riley



**Leisha McGrath,**  
Work and Organisational Psychologist

## Positive Parenting

**Wednesday 27th March, 1:15pm**

In today's session, we will focus on "Positive Parenting." Our goal is to create harmony in your home. You will learn some helpful tips for effective communication from our guest expert. Why not get involved and join in on the Q&A session too.



**Fiona Forman,**  
Author, Teacher,  
and Speaker



**Allen O'Donoghue,**  
Family Development Coach, Director at Help Me To Parent



### eLearning

#### Dental Health:

Learn about good oral hygiene in this month's course.  
Discover practical tips to give you a more confident and healthy smile.

### Guides

#### 'How to' Tipsheet to download, view and share.

- Inspiring Inclusion for International Women's Day
- International Women's Day: Minding your Mental Health

## 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

