



Wellbeing



Overcoming Imposter Syndrome

Feeling like an imposter at work and constantly fearing being 'found out' can leave you feeling lonely, stressed and anxious. This Talk will increase your understanding of imposter feelings, explore some key strategies to overcome them and feel more in control.



Eating for All Day Energy

This presentation blends evidence based science, biochemical knowledge and clinical experience, to give you an in depth understanding of how the body produces energy and ways to sustain levels throughout the day.



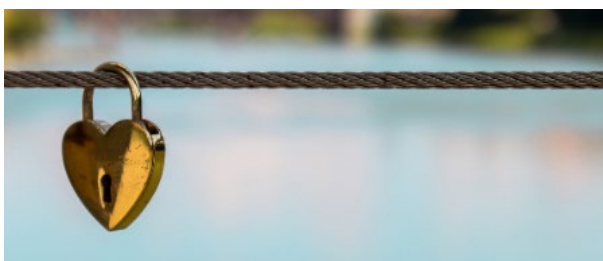
How to Thrive During the Menopause

Learn what happens to your body and brain during the menopause transition and the symptoms that you can experience. Discuss options for treatment to empower you to take control of your health.



The Key to Sustainable Positive Financial Habits

This talk will explore why positive financial habits are so important, how they can impact your wellbeing and how to develop positive financial habits.



Manage Stress and Avoid Burnout

Stress is a growing problem in the workplace and when left unchecked, it can lead to burnout. This Talk will enable attendees to understand the differences between stress and burnout and how to mitigate them using a range of practical tools and techniques.



Healthy Digital Habits

For many, digital working has resulted in blurred boundaries, always on working, video exhaustion and digital overload. This Talk will uncover practical tools and solutions to digital overload and create a healthy balance with technology.