

# EXAMPLE PROGRAM FOR BUSINESS X

## Investing 101

with Avery Langford

Wednesday  
2 April 2025  
10.30 am



## Mindful Moments: A Guided Meditation for Clarity & Focus

with Layla Turn

Friday  
16 May 2025  
12.30pm



## Curious Minds Win: How Lifelong Learning Fuels Success

with Dr. Priya Das

Wednesday  
25 June 2025  
12.30pm



## Nutrition for a Busy Work Week

with Mark Silipo

Thursday  
6 August 2025  
12.30pm



## The Work-Life Balance Blueprint

with Clint Cotchin

Wednesday  
17 September 2025  
12.30pm



## Managing Stress in a High-Pressure World

with Hannah Cameron

Wednesday  
29 October 2025  
12.30pm



## Food Growing for the Seasons

with Tracy De Marco

Thursday  
11 December 2025  
12.30pm



## Empowering ADHD Minds in the Workplace

with Dr. Leo Papa

Wednesday  
21 January 2026  
12.30pm

