

EXAMPLE PROGRAM

8 PILLARS OF WELLBEING

Financial Wellbeing

Financial Safety & Security

with Money Strong

Wednesday

10.30 am



Spiritual Wellbeing

Sound Bath & Breathwork

with Olya K

Friday

12.30pm



Intellectual Wellbeing

Mushroom Cultivation in your Garden

with Caine Barlows

Wednesday

12.30pm



Physical Wellbeing

Good guts: the In's and Out's of your Innards

with Briony Blake

Thursday

12.30pm



Occupational Wellbeing

Creating Neuroaffirming Cultures

with Meghan Birks

Wednesday

12.30pm



Emotional Wellbeing

Beat Burn Out

with Reeta Dabydoyal

Wednesday

12.30pm



Environmental Wellbeing

Living Well by Design: A Workshop for Mindful Interior Design

with Tara Cantwell

Thursday

12.30pm



Social Wellbeing

Connection as the Real Antidote to Workplace Stress

with Shae Allen

Wednesday

12.30pm

