

Your Wellbeing Experience on Workplace Wellbeing Day

To celebrate workplace wellbeing day we have created a special wellbeing experience for you to tune into, streamed live throughout the day. From morning meditation to nutrition and remote working tips, we hope you relax, learn from our sessions and enjoy workplace wellbeing day!

To access
on the day

[click here](#)

Your employee workplace wellbeing gym and seminar day:

APRIL

Friday 29th
8:00am

Mindfulness

Start your Workplace Wellbeing Day right, with this guided meditation. Laurel will lead you through a 15-minute mindfulness session focusing on reducing stress by calming the body, whilst increasing self-awareness, leaving you ready to tackle the day ahead with patience, focus and positivity.



Laurel Gosselin
Personal trainer &
Yoga instructor

APRIL

Friday 29th
11:00am

Nutrition in the Workplace

It's easy to fall into bad habits when we are busy with our commutes, the work environment, busy days and the food choices that surround us. This week we are spotlighting how to put your nutrition back in focus and help you make healthier choices at work.



Aisling Larkin
TV Cook, Food Writer
& Speaker



Niamh Orbinski
Nutritionist & Intuitive
Eating Counsellor

APRIL

Friday 29th
1:15pm

Wellbeing Seminar

To celebrate Workplace Wellbeing Day this week, we will be exploring all things remote working when it comes to your wellbeing. From physical and emotional wellbeing, to guidance on communicating effectively, this seminar will explore a variety of areas to ensure your workday, be it at home or in the office, is working for you.



Tracey Keogh
Co-Founder of
Grow Remote



David Bergin
Health Promotion
Officer