

# 2021 Wellbeing Talk Series

HOSTED BY

MarieOakes

WELLBEING SPEAKER | RESILIENCE COACH | FASHION INDUSTRY EXPERT



## FOUNDATION TALK 1

### resilience

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Why Resilience is a persons greatest quality. What is resilience, why is it so important and how can you cultivate more of it for yourself so you can flourish personally & professionally.

## TALK 2

### mindfulness

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What is mindfulness, how to learn it and practise it, the amazing benefits for your body and brain, and why it's so important in building personal and professional resilience.

## TALK 3

### sleep

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Why we sleep, the risks if we don't get enough, the benefits to getting more, how to improve the quality and consistency of our sleep, the impact this can have on our lives & work, and the new science behind why it's now the most important aspect of our life, health & longevity.

## TALK 4

### nutrition

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Nutrition and productivity - how foods can affect your performance, which foods influence your physical & mental wellbeing, creativity and productivity, what foods to eat to enhance your energy, motivation and mood, and why good nutrition is crucial in the prevention of burn out.

## TALK 5

### stress

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Why does it happen, what are the biggest causes behind it, how we can learn to manage and reduce it, and the awesome benefits of learning to say no.

## TALK 6

### movement

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The importance of movement for building resilience, the mental health benefits of exercise, what stops us from moving and how we can change our behaviours, and how tuning into your body can make you stronger, braver and more courageous.