

Fitness Class Descriptions

March 2023

Overview

Our fitness programme aims foster a healthy and productive workforce and to boost the morale of an organisation. All our fitness classes are between 30 to 50 minutes, require little to no equipment and are taught by our qualified team of experts. Classes are suitable for all fitness levels and can be done anywhere.

HIIT

High-Intensity Interval Training, cardio-based classes that involve giving your max effort to raise your heart rate for short intervals of time coupled with short periods of rest. These classes are effective, efficient and an excellent option for a busy schedule.

Strength & Conditioning

A weights workout session focusing on toning and muscle building, while also burning calories.

Use weights or home alternatives for some simple but effective movements.

Lunch Time Yoga

These classes focus on aligning the body and the mind through movement and breathing techniques. Yoga is a proven way to strengthen the body, to calm the mind and to ease any stress or anxiety. These sessions are suitable for beginners but for those who want a challenge, the instructor will provide modifications to give you a little extra stretch.

Pilates

Full-body and core strength-based Pilates sessions. These classes are low-impact and are great to improve muscle strength and for those who are working through injuries. All that you need is a mat to feel the burn.



Umbrella Wellness

Class Descriptions

March 2023

Wednesday 8th March - 3PM

IWD - How to Convert Imposter Syndrome into Power

Speaker: Gemma Perlin

Website - [GemmaPerlin](https://www.gemma-perlin.com)

Instagram - [Gemma_Perlin](https://www.instagram.com/gemma_perlin)

Do you ever feel like a fraud?

Like you are about to be found out?

That when people are saying you are doing a good job, that they don't actually know who you are.

Do you struggle with imposter syndrome?

Do you talk yourself out of opportunities before you even get them?

Does this sound like you? Gemma has the workshop for you.

On IWD, Gemma will equip you with the practical ways to change your perspective and connect to your inner confidence so you can fully unlock your potential in the workplace and beyond in 2023.

What you will learn:

- An understanding of your relationship to self doubt
- A powerful framework for combating imposter syndrome
- An action plan to leave ready to enact to connect you to your most confident self.

About Gemma

Gemma Perlin, a former tv producer/journalist turned Behavioural Change Coach, works with individuals and companies, to give people the tools to help them think differently and approach situations in an alternative way.

Her mission is to show people that they do have a choice to decide how they experience life. She regularly contributes in the global [press](#) on issues around behaviour change and workplace wellbeing.

Gemma is a an ICF accredited coach, Master NLP practitioner and a hypnotherapist in training.





Umbrella Wellness

Class Descriptions

March 2023

Friday 10th March - 1PM

Fad Diets and what you should do instead

Speaker: Shane O'Rourke

Nutritionist - [Umbrella Wellness](#)



In this session, Shane will identify and discuss current and past quick weight loss diets. Shane will explain that while you might lose some weight initially, they are not sustainable mid to long term and can have damaging effects on your mind and body.

Shane believes in a balanced approach which is sustainable and healthy, the key to this is education around nutrition empowering those to make more informed choices about how they craft their diet.

About Shane

Shane is a qualified Nutritionist. He completed his master's degree in nutrition from the University of Chester, UK. He is a competitive Fitness model with the WBFF, and a personal trainer based in Dublin. He delivers nutrition talks as part of Wellness Days as well as regularly featuring on the Health and Wellbeing Newsletter.

Shane previously worked in Insurance and Pension's as a Broker Consultant for 3 years before embarking on his fitness journey.

He saw first-hand common mistakes regarding nutrition in the office environment. His goal is to educate office workers about simple effective ways to change the most common mistakes seen in the office and impart knowledge on how to make better food choices. He feels that the more people know about food, the easier it becomes for the individual to make the right choices.



Umbrella Wellness

Class Descriptions

March 2023

Wednesday 15th March - 1PM

Sleep is your superpower - How to improve your sleep.

Speaker: Isabel Malynicz

Founder - [Sleepy Armadillo](#)



Topics Covered:

- Why We Sleep (including some of the key benefits)
 - Sleep Generators (biological generators of sleep)
 - Sleep Saboteurs (what gets in the way - normally the hyperaroused mind, our behaviours and lifestyle)
 - Sleep Myths Debunked
 - Top Sleep Tips
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- This session will conclude with a Q&A.
 - Attendees will receive a sleep guide.

About Isabel

Isabel is the Founder of The Sleepy Armadillo and a Certified Integrative Adult Sleep Coach, Sleep Educator and Sleep Enthusiast.

At The Sleepy Armadillo it is Isabel's mission to help people improve the quality of their sleep, so they can be their most vibrant selves when they are awake. Her evidence-based and integrated approach to sleep, coupled with her 20 years of coaching, combines to provide the highest standard of support to her clients, helping them make the incremental changes they need to improve their sleep. She takes an holistic and highly personalised perspective through which she identifies the root cause of their specific sleep challenge, and collaboratively creates a plan to return her clients to restorative and refreshing sleep.

Workplace Wellness Hub

Class descriptions March 23



Umbrella Wellness

Class Descriptions

March 2023



Friday 24th March - 1PM

The Mortgage process - a better understanding

Speaker: Mark Solon

Founder: Symmetry Financial

Content Covered:

- Understanding how mortgages work
- An introduction to the mortgage process
- How do you buy your first home / move home?
- The Help to Buy Scheme?

During this 45 minute presentation you will learn:

- A Greater understanding of how mortgages work
- An introduction to the mortgage process
- How do you actually buy your first home? – The process
- Thinking about moving home?
- What is the Help to Buy Scheme?
- What other costs are associated with buying or moving
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About Mark

Mark has over 15 years' experience working in the Financial Services Industry; all of that time in the Broker Market. He's been self-employed since the end of 2013 running his own businesses.

In 2017, his previous company won the MoneyMate award for Best Mortgage Broker in Ireland – so he knows a thing or two about how the mortgage market works!

Mark will entertain you and educate you on all things financial related; we hope you enjoy the sessions!

[Browse Our Speakers and Instructors](#)



Umbrella Wellness

Class Descriptions

March 2023

Friday 31st March - 1 PM

Pensions, all you need to know for 2023



Speaker: Peter Brown
Baggot Investment Partners

Content Covered

- Last year was poor as most pensions lost value. What does 2023 have in store?
- The Auto Enrolment Pension Scheme explained
- Changes to the PRSA funding rules, it could have major benefits for you..
- Better asset selection for better performance.
- Q&A

About Peter

Peter has over 35 years' experience in the financial markets and has managed treasury operations in financial institutions including CitiBank, Barclays, BNP, Ulster Bank and ACCBank.

Peter founded The Institute of Investing and Financial Trading in 2010 where he developed and delivered courses in Trading and Investing design for novice and experienced alike. In 2015 he co-founded Baggot Investment Partners who specialise in building and maintaining investing strategies for client using global product.

Peter's economic analysis and expertise about the financial markets, is highly sought after by the Irish and international media. His direct manner, alongside his honest and clear assessments of present economic conditions, makes him exceedingly popular with the general public and the media alike, he features regularly on RTE, TV3, BBC World, RTE Radio, Today FM and NewsTalk.

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