



Umbrella Wellness

Reimagine Workplace Wellness,
With Umbrella Wellness

Workplace Wellness Hub

Timetable - October
2022

Our Workplace Wellbeing Hub is an imaginative hybrid approach to employee wellbeing that gives access to a diverse online wellbeing program designed to suit all interests within an organisation.

All content accessed through our [Wellplayer](#)

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Program Introduction

We have a very exciting month lined up for October. World mental health day falls every year on October 10th and we like to honour that by offering a week of bonus classes and talks for employees to avail of.

Will the upcoming budget help with the rising cost of living, or is it designed to make it look like the government is going above and beyond to ensure votes, while achieving little. How much can the government actually help in this crises and is it reflected in this budget?

In this session Peter will analyse the key points from Budget 2023 and detail how they affect both individuals and families, while also describing how the budget overall will impact the Irish economy, the idea's behind the main initiatives and his view on if they will be effective to the individual or detrimental to the economy.

We will kick off the the bonus sessions with a morning meditation class and keep these classes on every morning for the week (including Saturday & Sunday). Think of it as a 7 Day Meditation Challenge. The morning meditation classes used to be our most popular live class with hundreds logging in for the 15min breath work experience. Now that our meditation teacher Laura Farrington is back from maternity leave the meditation classes will be making a huge comeback to. Meditation is a great way to calm the nervous system and set yourself up for a productive day ahead.

Nutrition plays a huge part in our mental well-being. If you spend the day eating sugary processed foods, it will greatly impact your stress and anxiety levels. Shane O'Rourke will be talking about this further in his nutrition talk on Thursday, 13th.

We also have the exceptional Eoin O'Shea who is the Chartered Psychologist and CBT therapist for Umbrella Wellness, he will be teaching us tools and ways to manage worry more effectively. Attendees will receive guidance on how to implement 'Worry Awareness Training' as a self-care practice.

A recent report showed that over 60% of people struggle with sleeping at night. This can be for a number of reasons whether it be simply too much stimulation from your phone or a stressful life events. Join Laura as she walks you through what a productive bedtime routine looks like and see what small changes you can make.



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Intro Continued

Company owner Laura Farrington will be sharing with us her story of resilience and overcoming trauma. Laura wants to share her story with the hope of demonstrating that no matter what you have been through, you can still find happiness and become a more resilient person in your life.

The final talk session of the month is a physical wellbeing session, delivered by Sinead Kelly, titled "Heart Healthy Living. - If you want to improve your cardiovascular health whether you are healthy, have a family history, have high blood pressure or cholesterol then this webinar is for you! You will learn how changes to Nutrition, Exercise, Stress, Sleep, Alcohol and Smoking can reduce your risk of cardiovascular disease (such as stroke and heart attack).

An incredible month and we are sure there is something for everyone in this timetable.

WEEK 1

3rd - 7th October

Monday 3rd October

Yoga

Twist it Out

12pm

30mins

Tuesday 4th October

Pilates

Legs & Hips

12pm

50mins

Wednesday 5th October

HIIT

Total Leg Blaster

12pm

35mins

Thursday 6th October

Strength & Conditioning

All about arms

1 pm

30mins

Friday 7th October

Financial Wellness

Key takeaways from Budget 2023

12pm

45mins

Workplace Wellbeing Hub

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WEEK 2

10th - 16th October (Mental Wellbeing Week)

Monday 10th October

Meditation

7am & 8am

15mins

Morning Meditation

Yoga

12pm

30mins

Rest & Restore - Restorative Yoga

Tuesday 11th October

Meditation

7am & 8am

15mins

Morning Meditation

Pilates

12pm

50mins

Abs & Spine

Mental

Wellbeing (MWW)

8 pm

30mins

Building a Night Time Routine

Wednesday 12th October

Meditation

7am & 8am

15mins

Morning Meditation

Guest Speaker:

12pm

30mins

Eoin O' Shea

(MWW)

"But what if...?" Learning to Manage
Worry More Effectively

Thursday 13th October

Meditation

7am & 8am

15mins

Morning Meditation

Guest Speaker:

12pm

30mins

Shane O' Rourke

(MWW)

Nutrition For Mental Health

Friday 14th October

Meditation

7am & 8am

15mins

Morning Meditation

Headline

Speaker:

12pm

45mins

Laura Farrington (MWW)

My Journey to Resilience

Saturday 15th October

Meditation

8am

15mins

Morning Meditation

Sunday 16th October

Meditation

8am

15mins

Morning Meditation

Workplace Wellbeing Hub

Timetable October 2022



Umbrella Wellness

WEEK 3

17th - 21st October

Monday 19th September

Yoga

Backbends and
Shoulder Mobility

12 pm

30mins

Tuesday 20th September

Pilates

Upper Boddy, Neck &
Shoulders

12 pm

50mins

Wednesday 21st September

HIIT

Total Leg Blaster

12 pm

35mins

Thursday 22nd September

Strength & Conditioning

All about arms

1 pm

35mins

Friday 23rd September

Phsyical Wellbeing

Heart - Healthy Living

12 pm

45mins

WEEK 4

24th - 28th October

Monday 26th September

Yoga

Yoga Balance

12 pm

30mins

Tuesday 27th September

Pilates

Side Body: Lateral Flexion, Rotation & Obliques

12 pm

50mins

Wednesday 28th September

HIIT

Upper Body Blitz

12 pm

35mins

Thursday 29th September

Strength & Conditioning

Total Body Weight Workout

1 pm

30mins

Friday 30th September

Meditation

Lunchtime Meditation

12 pm

45 mins

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