

JUL - DEC 2021

Webinar Schedule

Join us for our upcoming webinars hosted by our fantastic team and expert guest speakers with brand-new, practical and insightful sessions. Each live webinar will finish with an open Q&A session at the end, giving you the opportunity to get your questions answered.

Please note, all times listed below are BST.

JULY 2021



What is Imposter Syndrome and how to tackle it

Hosted by Elissa Makris, Business Psychologist

WED 07

12 PM

Creating a sustainable self care routine

Hosted by Elissa Makris, Business Psychologist

FRI 23

11 AM

AUGUST 2021

How to become more optimistic

Hosted by Johanna Scheutzow, Business Psychologist

THU 12

4 PM

Nutrition for a healthy mind and body

Hosted by Elissa Makris, Business Psychologist

WED 25

12 PM

Preparing for a return to school

Hosted by Dominika Cisz, Business Psychologist

TUE 31

5 PM

SEPTEMBER 2021

Panel webinar for World Suicide Prevention Day

Hosted by Dr Andres Fonseca, Consultant Psychiatrist and Co-Founder of Thrive, joined by a guest panel to be announced!

FRI 10

10 AM

National Fitness Day: Yoga and Mental Health

Hosted by Elissa Makris, Business Psychologist

TUE 14

12 PM

Register on [eventbrite](#) to get your free tickets!



JUL - DEC 2021

Webinar Schedule

OCTOBER 2021



Understanding Obsessive Compulsive Disorder

Hosted by Johanna Scheutzow, Business Psychologist

TUE 12

10 AM

Staff Wellbeing: Nurturing a Happy Workforce

Hosted by Elissa Makris & Johanna Scheutzow, Business Psychologists

THU 28

2 PM

NOVEMBER 2021

Stress Webinar for National Stress Awareness Day

Hosted by Dominika Cisz, Business Psychologist

TUE 02

10 AM

How to recognise and combat burnout

Hosted by Johanna Scheutzow, Business Psychologist

WED 24

3 PM

DECEMBER 2021

Practical ways to cope with winter blues and SAD

Hosted by Elissa Makris, Business Psychologist

TUE 07

12 PM

Financial Wellbeing

Hosted by Johanna Scheutzow, Business Psychologist and an expert guest panel to be announced!

THU 09

4 PM

REGISTER TODAY!



SCAN ME

Register now to get
your free tickets!

Scan the QR code or click the
button above.