

Wellbeing sessions available to you during 2025

When booked onto our monthly service

January Healthy Habits	February Lived Experiences	March Women's Health	April Stress	May Mindset	June Diversity and Inclusion
How to Set Meaningful and Achievable Goals	What is Mental Health First Aid	Women's Health	Brain Bootcamp: Building your Mindset Muscle	Making Stress Work	How To Improve Financial Wellbeing
Build Your Own Personal Wellbeing Plan		Do yourself a favour – learn how to sleep	Cancer: Awareness and How to Support	Positive Thinking Techniques	Ubuntu: I am only OK if you are OK
Desk-Side Yoga	Desk-Side Yoga	Desk-Side Yoga	Desk-Side Yoga	Desk-Side Yoga	Desk-Side Yoga
Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
July Emotional Wellbeing	August Happiness	September Work/Life Balance	October Mental Health	November Men's Health	December Winter Wellness
Food & Mood		Creating Resilience	How to approach mental health conversations in the workplace?	A Wellbeing Check In For A Virtual World	Coping with Professional Grief - workshop
Awareness Session - Mental and Emotional Health		Eating for a Good Night's Sleep	Diversify When the Stakes are High	Men's Mental Health	
Desk-Side Yoga	Desk-Side Yoga	Desk-Side Yoga	Desk-Side Yoga	Desk-Side Yoga	Desk-Side Yoga
Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation

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