Work | Life
CENTRAL

Coming up in November

Live: Highlights



Wednesday 8th at 12:30pm (GMT)

Practical Support for Neurodiverse Professionals

with Dr Elizabeth, Psychologist & Psychotherapist

In this session, Dr Elizabeth will explore the fascinating ways in which our brains function differently, with a specific focus on the four main types of neurodiversity found in the workplace: Dyslexia, Dyspraxia, ADHD and ASD. You will gain practical ideas that can be implemented to foster an inclusive and supportive working culture.

Book Now.



Tuesday 14th at 12:30pm (GMT)

How to Develop Self-Leadership

with Carol Stewart, Abounding Solutions

Before you can lead others, you have to be able to lead yourself and self-leadership is key! In this session, Carol will share three key factors and how to develop them. You will leave with practical tips and insights into how self-leadership increases your confidence, influence and impact.

Book Now.



Tuesday 21st at 12:30pm (GMT)

HYBRID EVENT: Building Children's Self-Esteem

with Anita Cleare, Co-Founder, Positive Parenting Project

We know that good self-esteem is important for children's wellbeing and happiness. But what is self-esteem, where does it come from and what can parents do to help boost it? Parenting expert Anita Cleare will explain how to encourage your child to have a positive mindset which will empower them to express their ideas and make decisions. This event is suitable for parents and carers of children aged 3-16 years.

This is a Hybrid Event, taking place both Online and In-Person in London:

IN-PERSON: Venue - Macfarlanes LLP, 20 Cursitor Street, London, EC4A 1LT. Book Now.

LIVE ONLINE: Book Now



Monday 27th at 12:30pm (GMT)

The Key to Sustainable Positive Financial Habits

with Peter Komolafe, author, financial content creator, speaker & TV personality.

Would you like to gain control over your day-to-day finances and learn how to create a financial buffer? Join Peter, to explore why positive financial habits are so important and how they can impact your wellbeing. You will gain the knowledge to implement your own positive financial habits.

Book Now.



Wednesday 29th at 12:30pm (GMT)

Less Busy More Impact

with Chris Lovett, Simplicity expert, Coach, TED speaker, Minimalist & Author.

Being excessively busy has become normal for many of us. In this Talk Chris Lovett will explore how decluttering your life - both personally and professionally - can have significant benefits on your productivity and mental health.

Book Now.

You can view our full programme of Live Events here.

Support Groups - Next Meetings

Neurodiverse Professionals



Monday 13th November

Menopause



Wednesday 15th November

Single Parents



Tuesday 28th November

On Demand - Top Picks









You can find all our available On Demand videos on our website here.

Useful Resources



November Awareness Theme Flyers

November is another busy month for awareness topics and we are delighted to share highlights from our programme which support some of these themes. Find out about three different routes to parenthood and how to support colleagues through fertility treatment in our National Fertility Awareness Week Flyer. Hear real life experiences in our Transgender Awareness Week Flyer. We have a wealth of information to support men's physical and mental health in our Men's Health Awareness Month Flyer.



Full Programme - Downloadable Flyer

This email shares highlights from the Worklife Central programme this month. To view our **full** programme of Live events, videos available On Demand and the articles and podcasts in our Library, you can view, download and share this **PDF.**