

2026

LIVE PROGRAMME COMING UP



Talks • Workshops • Ask the Expert • Support Groups

TALKS

15 Sep	Workshop: Build A More Positive Mindset (Without Toxic Positivity)	↩
16 Sep	Inclusive Leadership: Every Day Simple Actions That Make A Difference	↩
17 Sep	The Money Conversation: How To Talk To Children About Money	↩
21 Sep	School Refusal and School Avoidance: Practical Steps to Help	↩
23 Sep	Are You On Track For A 'Decent' Retirement?	↩
29 Sep	Your Next Chapter: Planning for A Meaningful Later Life	↩
01 Oct	Psychological Safety In Practice : Making It Safe For Everyone To Speak	↩
07 Oct	Ask The Expert: Children And Teens Online Safety	↩
12 Oct	Workshop: Parenting A Child With ADHD	↩
20 Oct	Manage Perimenopause And Menopause Symptoms With Confidence	↩
04 Nov	Talk: The Psychology Of Progression: How To Grow Your Career	↩
09 Nov	Wired But Tired: Coping With Anxiety Keeps You Stuck And What Helps	↩
12 Nov	Shifting The Mental Load Of Modern Parenting	↩
16 Nov	Addictive Behaviour In Children And Teens: Screens, Gaming, Drugs	↩
18 Nov	The Real Pressures Men Face Today And What Actually Helps	↩
25 Nov	Workshop: Why Perfectionists Burn Out And How To Break The Cycle	↩

SUPPORT GROUPS

22 Sep	Parents of Neurodivergent Children	↩
05 Oct	Carers of Elderly Relatives	↩
13 Oct	Parents of LGBTQ+ Teens & Young Adults	↩
11 Nov	Peri / Menopause	↩

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2026

AVAILABLE ON DEMAND



Videos • Shorts

SHORTS

08 mins	Think Better With AI: 3 Ways To Use It As A Thinking Partner At Work	↩
12 mins	Pathological Demand Avoidance: Three Strategies That Actually Help	↩
10 mins	7 Steps To Overcome Procrastination	↩
10 mins	Is It Perimenopause? Recognising The Signs And Getting Support	↩
02 mins	Simple Wellbeing Tools Backed by Science	↩
11 mins	How To Support And Empower Your Dyslexic Child	↩
15 mins	From Fussy Toddlers To Teens: What's Normal And When To Get Help	↩
10 mins	Time Management For Neurodivergent Professionals	↩
13 mins	Creating A Successful Blended Family	↩
15 mins	Spotting And Avoiding Financial Scams	↩
10 mins	Switching Off On Holiday: A Simple Method That Works	↩

VIDEOS

61 mins	Neurodiversity In Women: What You Don't See	↩
54 mins	Find Your Voice: Communicate With Confidence, Clarity and Authenticity	↩
52 mins	Men's Health: The Top 3 Challenges	↩
60 mins	Supporting Someone With Dementia	↩
60 mins	How To Set Healthy Boundaries And Reduce Stress	↩
39 mins	Perimenopause and Menopause: The Facts	↩
57 mins	Preparing Your Child For Leaving Home	↩
58 mins	Positive Parenting Strategies: Discipline Without Drama	↩
63 mins	Future Proof Your Health: What To Do Now For Long Term Wellbeing	↩

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GUIDES

- | | | |
|---------|---|---|
| 11 mins | A Guide To: Understanding Your Teenager | ↩ |
| 08 mins | A Guide To: Grief | ↩ |
| 07 mins | A Guide to: Separation and Divorce | ↩ |
| 09 mins | A Guide To: Dementia | ↩ |
| 09 mins | A Guide To: Neurodiversity | ↩ |

PODCAST

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|---------|--|---|
| 34 mins | Catherine Morgan on Financial Psychology, Neurodiversity & Menopause | ↩ |
| 38 mins | Subira Jones on Stress, Burnout and the Dangers of Resilience | ↩ |
| 29 mins | Dolly Jones on Combining Career With Motherhood | ↩ |
| 29 mins | Leila Green on Maternal Mental Health and Mum Guilt | ↩ |

EXPERT ARTICLES

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|---------|---|---|
| 07 mins | Talking to Children about Relationships and Online Misogyny | ↩ |
| 04 mins | Five Ways To Listen Better | ↩ |
| 08 mins | The Positive Power of Privilege | ↩ |
| 06 mins | Difficult Conversations: How Do I Talk About Money? | ↩ |

BLOG

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|---------|---|---|
| 05 mins | Lynden's blog: Confidence – It's an Inside Job | ↩ |
| 05 mins | Steph's blog: How To Measure Fairness When Your Children Are Different? | ↩ |
| 04 mins | Dolly's blog: My Driving And Other Disasters | ↩ |
| 07 mins | Linda's blog - Speak Up, Call It Out | ↩ |

