2025

LIVE PROGRAMME COMING UP

WorkLife Central

Talks • Workshops • Ask the Expert • Support Groups

TALKS

01 Dec	Dopamine In The Digital Age: Reclaiming Focus, Fulfilment, & Balance
03 Dec	How To Not Yell At Your Children - And What To Do When You Do
08 Dec	How To Be More Confident And Inclusive Around Disability
11 Dec	Boost Your Team's Happiness In Just Five Minutes A Day
08 Jan	The Secret To Sustainable Habits
12 Jan	Be Present And Connect With Children (When Your Time Is Limited)
21 Jan	Ask The Expert: Men's Health
22 Jan	Navigating The Emotional Reality Of Caring For An Elderly Relative
26 Jan	The Allyship Conversation You Haven't Had Yet
03 Feb	Getting The Best Out Of People
10 Feb	The Power of Belonging: How to Boost Children's Mental Health
12 Feb	Demystifying Depression
23 Feb	AI For Professionals: Cultivating Mindset And Growth
25 Feb	Supporting Teenagers To GCSE Exam Success
02 Mar	The Art Of Being Brilliant
09 Mar	Breaking the Busyness Cycle

SUPPORT GROUPS

02 Dec	Parents of LGBTQ+ Children
04 Dec	Carers of Elderly Relatives
10 Dec	Fertility
15 Dec	Parents of Neurodivergent Children
13 Jan	Peri / Menopause

Browse our full schedule at worklifecentral.com and download our app here:

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AVAILABLE ON DEMAND

Videos • Shorts

WorkLife Central

SHORTS

13 mins	Career Goal Setting For 2026
12 mins	Making Christmas Just A Little Bit Calmer
21 mins	Real Life Stories: Adult ADHD
03 mins	One Tip For Influencing People
12 mins	Navigating Ageism And Changing Workplace Dynamics
14 mins	Preparing Teenagers For Leaving Home
09 mins	Setting Up Power of Attorney
11 mins	Financial Planning For Retirement
11 mins	Building Your Personal Brand
15 mins	IVF: What To Expect
03 mins	3 Minute Meditation To Shift Anxiety

VIDEOS

60 mins	Bullying, Peer Pressure And Friendships
48 mins	A Beginners Guide To Investing In An Uncertain World
52 mins	Men's Health: The 3 Top Topics Challenges
60 mins	Supporting Someone With Dementia
57 mins	Exploring Belonging In The Workplace And Beyond
39 mins	Perimenopause and Menopause: The Facts
31 mins	Your Baby's First Year: Milestones And Development
26 mins	Positive Mindset When Returning From Parental Leave
27 mins	How to Care for Older Relatives and Friends

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READ AND LISTEN IN THE LIBRARY

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Guides • Podcast • Expert Articles • Blog

GUIDES

11 mins	A Guide To: Choosing the Right School
08 mins	A Guide To: Grief
08 mins	A Guide To: Sleep
09 mins	A Guide To: Dementia
09 mins	A Guide To: Neurodiversity

PODCAST

26 mins	Stories, Leaders and Music for Wellbeing
12 mins	Melissa Jefferies on Macquarie's Black Employee Affinity Group
30 mins	Sheila Butterly on Living with MS
22 mins	Juggling Working and Caring

EXPERT ARTICLES

07 mins	Talking to Children about Relationships and Online Misogyny
10 mins	How AI Can Help Leaders Decode and Defeat Burnout
08 mins	The Positive Power of Privilege
06 mins	Difficult Conversations: How Do I Talk About Money?

BLOG

05 mins	Sheila's blog: What Grief Teaches Us About Love and Connection
05 mins	Sioux's blog: Line Manager Lessons
04 mins	Dolly's blog: Somewhere in a field in Hampshire... all right
07 mins	Linda's blog: Dropping the Ball

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