2026

LIVE EVENTS IN NOVEMBER

All events take place at 12:30pm GMT

WorkLife Central



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TALK

4
NOV

The Psychology Of Progression: How To Grow Your Career

with Shaun Burke



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Why Anxiety Coping Keeps You Stuck & What Works

with Kyle Davies



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Shifting The Mental Load Of Modern Parenting

with Natalie Costa



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NOV

Understanding Addictive Behaviour In Children & Teens

with Jane Keyworth



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The Real Pressures Men Face Today & What Actually Helps

with Andrew Pain



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WORKSHOP

25
NOV

Why Perfectionists Burn Out And How To Break The Cycle

with Andy Hix

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