

Wellbeing Workshops



Our monthly workshops help you put your wellbeing first, and cover a range of topics delivered by specialist guest facilitators. The sessions are 12.30-13.30 on Zoom. Our workshops are £20 per employee or free for Birmingham Wellbeing member businesses.

2022

Monday 28th November

Meditation for Wellbeing

Monday 19th December

Recharging: personal life-giving sources

2023

Monday 30th January

Finding your Values

Tuesday 28th February

Health & Nutrition

Monday 27th March

The Power of Sleep

Monday 24th April

Managing Stress and Anxiety

Monday 29th May

Prioritising Your Mental Health

Monday 26th June

Meditation for Wellbeing

Wednesday 29th July

Exercise & Wellbeing

Monday 28th August

Purpose: thriving in adversity

Monday 25th September

Acting Mindfully

Monday 30th October

Menopause

Monday 27th November

Wellbeing: a balanced approach

Monday 18th December

Wheel of Life

Find out more and book here: www.birminghamwellbeing.org.uk/events