



Monday 9th October



Finding Focus with Jo Kaye – 40 mins + Q&A

If you find it hard to keep distractions at bay and stay focussed on a task, this session is for you. Learn simple, science-backed techniques for taking back control of your attention. [More info/register.](#)

01:30am PT
04:30am ET
09:30am BST
16:30pm SGT



Psycho-social wellbeing: what it is and why it matters with Dr Paul Galbally – 50mins + Q&A

Explore the fascinating intersection between our thoughts/needs and the influence of external social factors. Learn how to cultivate your own psycho-social health as a vital part of your overall wellbeing. [More info/register.](#)

08:00am PT
11:00am ET
16:00pm BST
23:00pm SGT

Tuesday 10th October



Mindful doodling – live demo & follow-along with Eden Faye – 30 mins + Q&A

Take some time out of your fast-paced life to enjoy the simple pleasure of doodling! Learn how to get into the 'zone of slowness', gaining balance-promoting insights that you can apply across all aspects of your life. [More info/register.](#)

01:30am PT
04:30am ET
09:30am BST
16:30pm SGT



The psychology of money with Emma Maslin – 50 mins + Q&A

Understand and harness your own individual relationship with money to challenge any limiting beliefs and 'unconscious scripts' that might be holding you back in order to gain a more positive relationship with your finances. [More info/register.](#)

07:00am PT
10:00am ET
15:00pm BST
22:00pm SGT



Happy gut, happy you! with Mike Murphy – 50mins + Q&A

Would you like to have more energy, better immunity and a more balanced mood? Your gut health could hold the key! Learn how to understand your unique responses to the things you eat, and how you can foster a flourishing gut microbiome. [More info/register.](#)

08:30am PT
11:30am ET
16:30pm BST
23:30pm SGT

Wednesday 11th October



Facial yoga with Ross Duttson – 25 mins + Q&A

Take 25 mins out of your day for some much-deserved self-care. Learn how this transformative practice can make you feel more awake and alert whilst also giving you a natural facelift – what's not to love?! [More info/register.](#)

01:30am PT
04:30am ET
09:30am BST
16:30pm SGT



Distinguish your self-worth from your productivity with Ariadne Kapsali – 45 mins + Q&A

We have learned to look for validation through achievements, meaning we can feel inadequate and anxious unless we are producing results. Join us to gain a deeper sense of self-worth, that's not associated with achievement. [More info/register.](#)

08:00am PT
11:00am ET
16:00pm BST
23:00pm SGT

Thursday 12th October



Transform nerves into a vibrant speaking energy with Thea May – 40 mins + Q&A

If speaking in front of other people makes you feel a little (or a lot) nervous, this session is for you. Learn how to channel your nerves into flow, and harness this extra energy to power your voice. [More info/register.](#)

01:30am PT
04:30am ET
09:30am BST
16:30pm SGT



Working smart, living well with Simon Shepard – 50 mins + Q&A

Feeling overwhelmed by a high workload, tight timeframes and performance pressure? This session will offer some thoughts around how you (and your team) can work more effectively and have more energy for life outside of work. [More info/register.](#)

08:15am PT
11:15am ET
16:15pm BST
23:15pm SGT

Friday 13th October



Finding light through the (peri) menopause tunnel with Dr Mary-Jane Budd – 45 mins + Q&A

The journey through menopause can be challenging BUT it also offers a valuable opportunity to re-connect with 'who you are now' and what matters most to you. Learn how to bring vitality and self-worth to this stage of your life [More info/register.](#)

01:30am PT
04:30am ET
09:30am BST
16:30pm SGT



FAIL = First Attempt At Learning with Kate Bishop – 45 mins + Q&A

Change your 'fear of failure' mindset into one of excitement to explore, thus opening up a world of possibilities and opportunities! Understand what's holding you back and find ways to overcome these blocks. [More info/register.](#)

08:00am PT
11:00am ET
16:00pm BST
23:00pm SGT