

2026 HA | Wisdom Wellbeing webinars

Month	Topic	Date	Overview	Registration link
January	Reflection & Growth	22/01/2026	This session explores reflection as a tool to enhance personal and professional growth. Learn to advance your self-awareness and celebrate your successes. Cultivate a growth mindset to achieve your goals and increase your confidence.	https://event.eu.on24.com/wcc/r/8000178462/828B62E26C2B27BB1F727F832A8FCD67
February	Stress Management	19/02/2026	In this webinar, we explore the impact of stress on overall wellbeing and professional performance. Understand how stress presents itself physically, emotionally and behaviourally, and learn to identify the warning signs. Develop evidence-based strategies to manage pressure and build your resilience.	https://event.eu.on24.com/wcc/r/8000178463/9A74035DDC5CD450900F13D73F178105
March	Women's Wellbeing	19/03/2026	This webinar explores the wellbeing challenges commonly faced by women both inside and outside of the workplace. Gain insight into the unique social and physical issues faced by women and how they can impact women's health. Understand practical ways to support and empower women.	https://event.eu.on24.com/wcc/r/8000178464/7D3E33F9B96115BDE0BC0ABD2D57A8D0
April	Disability Awareness	16/04/2026	This session highlights the definition of disability, visible and non-visible impairments and common misconceptions of disabilities. Explore the personal, professional and social challenges disabled people face and understand practical ways to support disabled individuals in your organisation.	https://event.eu.on24.com/wcc/r/8000178465/49E5F66E18CBA091E1C8054BEE1A816F
May	Physical Health	21/05/2026	In this session, we explore a holistic approach to wellbeing by examining the connection between your mental and physical health. Learn practical strategies to develop healthier habits and enhance your physical wellbeing.	https://event.eu.on24.com/wcc/r/8000178466/2EFA3AA0E381FE17A433463FD2D160F7
June	LGBTQ+ Mental Health	18/06/2026	This webinar explores the unique history of, and challenges faced by the LGBTQ+ community. Gain insight into the impact of stigma on LGBTQ+ mental wellbeing and learn how to best support and uplift the LGBTQ+ community.	https://event.eu.on24.com/wcc/r/8000178467/6565B78BC334DA21086E17E51F37E3EA
July	Building Healthy Relationships	16/07/2026	This session equips you with the skills to enhance your personal and professional relationships. Gain tools to articulate feelings with clarity, set boundaries with confidence and manage conflict effectively.	https://event.eu.on24.com/wcc/r/8000178468/DAA024F3DB3A19131F0EAA7BB003AD9B
August	Coping with Change & Loss	20/08/2026	In this webinar, we explore the emotional, neurological and physical reactions we produce when faced with change and loss. Identify the various types of loss, learn ways to cope with grief and develop tools to better navigate change.	https://event.eu.on24.com/wcc/r/8000178469/1955886B56591A01E3B828C6A682F4F6
September	Suicide Awareness & Prevention	17/09/2026	Develop the confidence to openly discuss suicide in this sensitive, clinically evidenced webinar. Feel equipped to recognise the warning signs of suicide and respond appropriately and proactively.	https://event.eu.on24.com/wcc/r/8000178470/6AAC26C1F2CDC28BE14143DCD28021D2
October	Digital Self-Care	15/10/2026	What is digital self-care? In this webinar, we explore the impact of digital overload on your mental wellbeing. Understand the importance of balance in mitigating the detrimental effects of excessive technology use.	https://event.eu.on24.com/wcc/r/8000178473/E0A0A8B660A4DA5C97F9CBB0AC64223A
November	Men's Mental Health	19/11/2026	In this session, we explore the unique pressures and stigma faced by men. Increase awareness of common issues and the importance of early intervention. Develop practical skills to open conversations and raise awareness of men's mental health.	https://event.eu.on24.com/wcc/r/8000178474/366995B4FF2CC34E1FEFAAD52CC1FAAE
December	Personal Identity	17/12/2026	In this reflective session, we focus on becoming acquainted with our personal identities. Identify on your personal values to guide you into the New Year. Learn Solution Focused Brief Therapy techniques to identify your ideal future and set achievable goals.	https://event.eu.on24.com/wcc/r/8000178475/E6C3916D92BC8C0193EB51533BF79D5B