



wellbeing studio

November - The Power of Sleep

It's nature's panacea, more powerful than any drug in its ability to restore and rejuvenate the human brain and body. This month we're focused on sleep and the power to unlocking your holistic wellbeing.

[See next series](#)

VIRTUAL EVENTS

Upcoming virtual events you can take part in:

Sleep Hygiene 101

7 NOV

[More information](#)

Sleep - The Cornerstone of your Wellbeing

14 NOV

[More information](#)

Insomnia - How to Prevent & Respond

21 NOV

[More information](#)

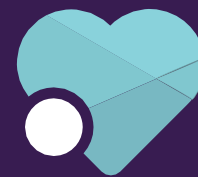
spectrum .life

Digital Wellbeing Studio

Give Employees Access to High Quality and Expert Health and Wellbeing Content

 **Follaine le Chéile**
Wellbeing Together

Digital Wellbeing Studio



The impacts of the pandemic means our mission to deliver high quality, expert-led health and wellbeing is more important than ever. With the rise of remote working and possible ongoing restrictions in onsite events, how we deliver on our mission has had to change.

Over the course of Covid-19, Spectrum.Life have delivered over 1,000 virtual events to over 100,000 attendees. However, we recognised that the quality of video conference tools had their limitations, and therefore we invested in the construction of a dedicated Digital Wellbeing Studio.

Our Digital Wellbeing Studio is equipped with the leading live streaming technology to deliver a best-in-class experience for employees.

Our studio includes:

- 4k cameras with increased pixel resolution and streaming quality.
- High definition sound quality.
- Q&A and polling functionality for increased participant engagement.
- Integrated platform booking with no clunky registration system.
- Branding opportunities through on-screen graphics, lighting and custom backdrops.
- A team of content producers and technicians ensuring a smooth running and a great experience.



How the Studio Works

We've created a number of ways of giving your employees access to our Digital Wellbeing Studio for companies of all sizes and budgets.

Our offerings here include:

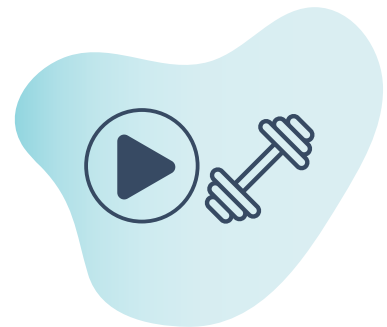
- Monthly Wellbeing Series

A monthly, theme based, 4-part series focused on a seasonal and relevant issue delivered by a health and wellbeing presenter and joined by a relevant expert. Employees will have a dedicated area to access the series and view related content.



- Digital Gym

With gyms periodically closing and with potential health concerns for employees in attending them, this programme gives employees access to a daily gym class schedule straight from their home.



Monthly Wellbeing Series



In this programme, employees will access via our online platform, a 4- part wellbeing series based on a seasonal and relevant topic. Each Monthly Wellbeing Series will be presented by one of our health and wellbeing presenters, and will feature a range of experts.

Included each month

- 4 live seminars with Q&A and Polling
- A new elearning course on the topic for employees to take part in their own time.
- A range of Guides for employees to download.

2021 Calendar

January New Year Resolutions	February Managing Your Finances	March Let's Get Jogging	April Your Holistic Wellbeing
May Cancer Awareness	June Disconnect & Reboot	July Practicing Self Care	August Parenting Top Tips
September Healthy Heart Month	October Mental Health Awareness	November The Power of Sleep	December Surviving the Festive Season

[See our First Quarter in Detail Next ->](#)

January: New Year Resolutions

Each New Year is an opportunity for all of us to focus on what we want to achieve in the year to come, with overindulgence in December forcing many of us to focus on our health.

Seminars

1. Nourish and Goal Setting
2. Learning From the Past
3. Motivation and Dealing with Obstacles.
4. Maintaining the Change

eLearning

- The Psychology of Behavioural Change

February: Managing Your Finances

This series is designed to provide employees with practical tips and insights towards improving their financial skills and behaviours.

Seminars

1. Better Budgeting
2. Overwhelmed by Debt
3. Your Finance Goals
4. Are you Ready for Retirement

eLearning

- Getting your Budget Back on Track

March: Let's Get Jogging

This is a simple, progressive program that begins with more walking than running, and gradually evolves into more running than walking in a way that endeavors to avoid injury and too much strain.

Seminars

1. Stretching and Warm Up
2. Fueling Your Body
3. Run Talk Run
4. Where To Go Next

eLearning

- Weekly Running Guide



Clare McKenna

Presenter of Alive and Kicking on Newstalk Radio



Paul Merriman

Qualified Financial Advisor and Founder of AskPaul



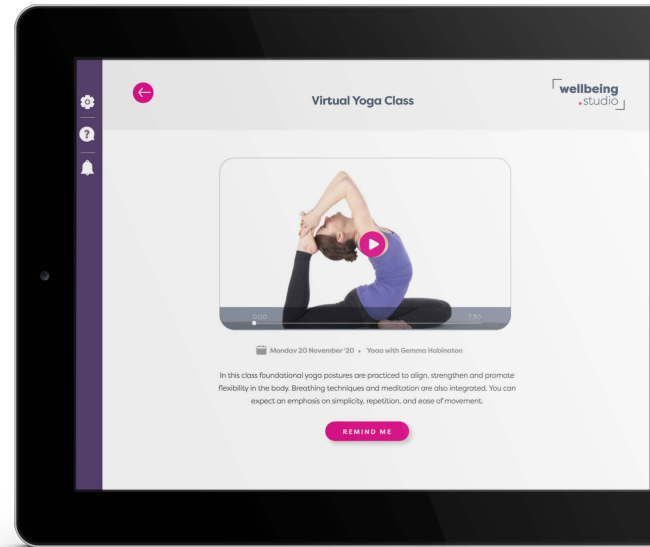
Alex Hasset

Running Coach and Founder of Run Talk Run

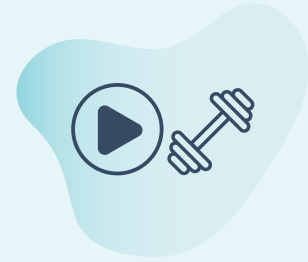
The Employee Experience

We've created a dedicated area within our Wellbeing Portal for Employees to access these Series. In this area, employees can view the upcoming schedule of seminars, view eLearning programmes and access all downloadable guides.

Employees can also view all recordings from the current month and past months that your company has signed up for.



Digital Gym



Our Digital Gym gives employees access to live and on demand fitness classes, with a weekly schedule for them to choose from. All classes are delivered by experts who will demonstrate a safe and maintainable way to tackle fitness at home.

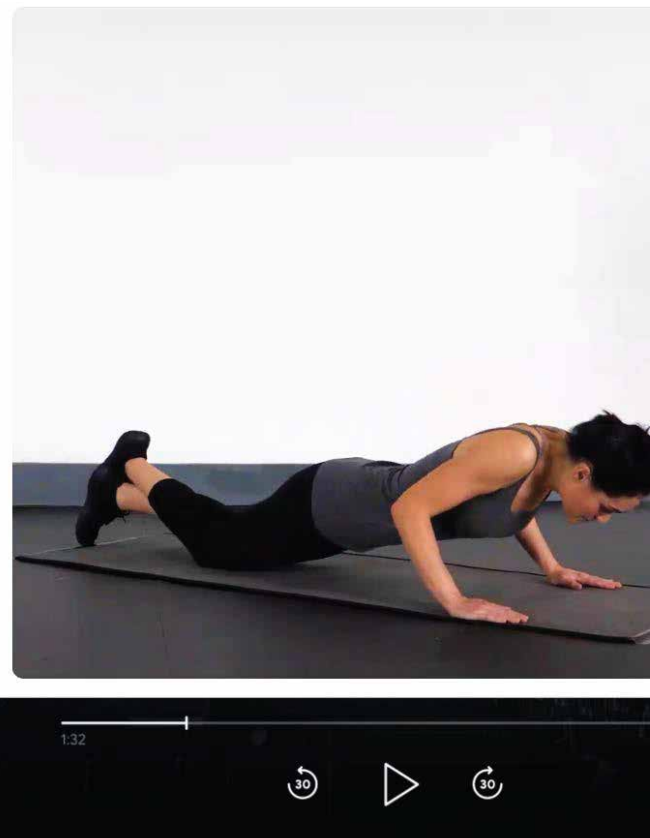
Our team of wellbeing experts are passionate about health & fitness. All of our coaches are handpicked and all come from a wide spectrum of expertise, reflecting the diversity of different sports and exercises around.

Weekly Schedule

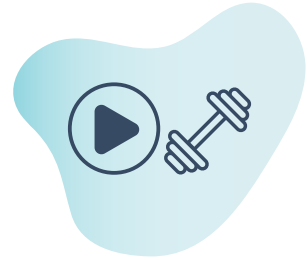
Employees will be able to take part in up to 20 classes per week across, each lasting 30-45 minutes and across a number of different class types, such as:

- Pilates
- Yoga
- Mobility and flexibility
- Full Body Workout
- HIIT
- Body Pump
- Combat Conditioning

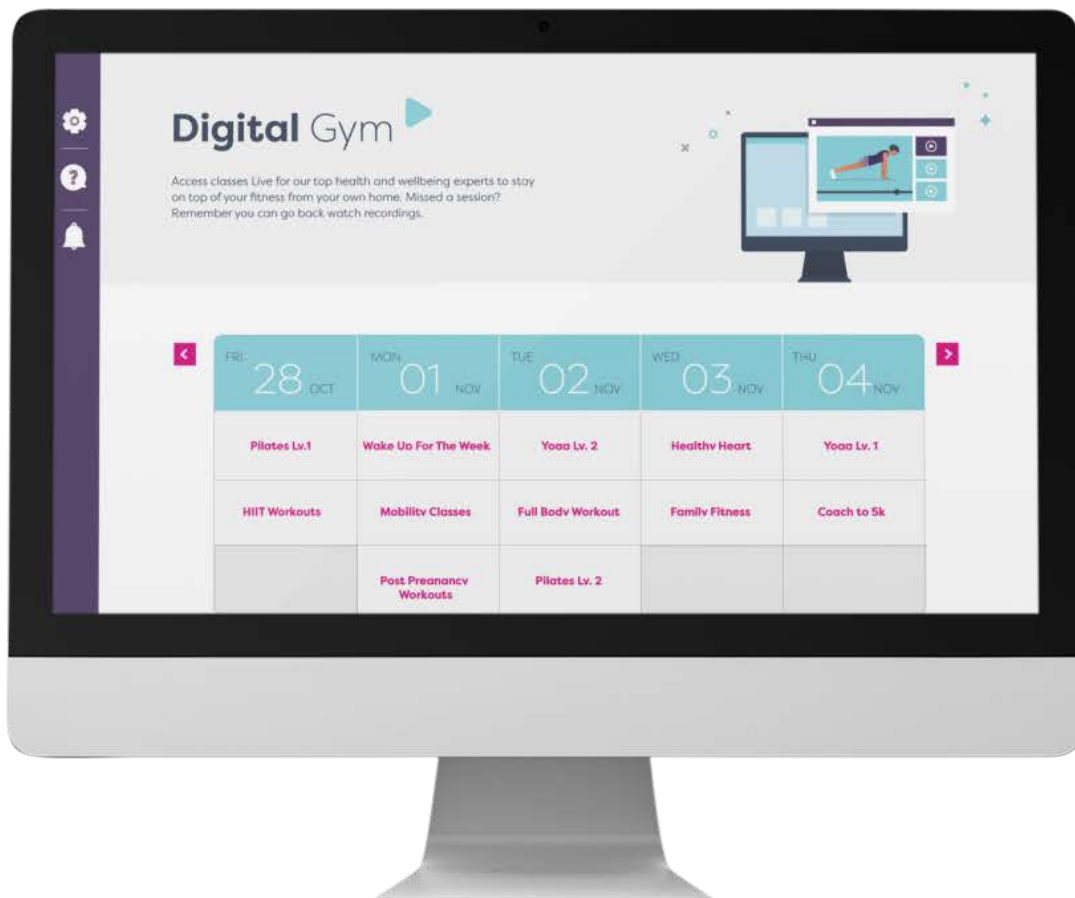
Classes will take place across the week from Monday to Friday on 2-3 daily slots with morning, lunchtime and afternoon slots.




Accessing The Digital Gym

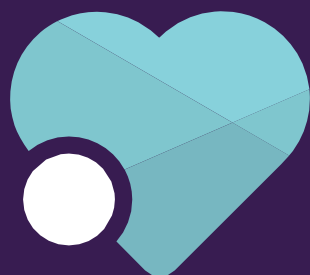


Via our Health and Wellbeing Portal, employees will be able to see a full schedule of classes to take part in. Employees can see next week's classes, and view recorded classes that have happened in the past.



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Where
wellbeing
works.