

October Wellbeing Series

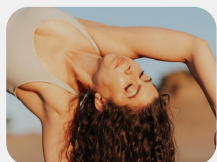
October is one of the most significant months in the wellbeing calendar. Anchored by World Mental Health Day, our programme is all about slowing down, tuning in, and taking care. From mindfulness and AI in the workplace to women's hormonal health and proactive health screening, we've brought together brilliant speakers, honest conversations, and practical tools to help your employees feel supported, informed, and ready for whatever Q4 has in store.



Hosted by:
Clare McKenna

World Mental Health Day Wednesday 7th October

Two sessions. One intention. This World Mental Health Day, we're creating space to slow down and think clearly — a grounding meditation and journalling practice to reconnect with yourself, and an honest conversation about AI and how the right tools can genuinely lighten the weight of modern working life.



Laurel Gosselin
Yoga Instructor



Andrew Macadam
Chief Product Officer at
Spectrum.Life

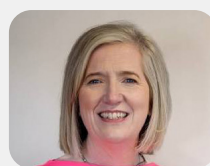


Leisha Redmond McGrath
Chartered Psychologist

Menopause and Anxiety: What's Really Going On?

Wednesday 21st October, 1:15pm

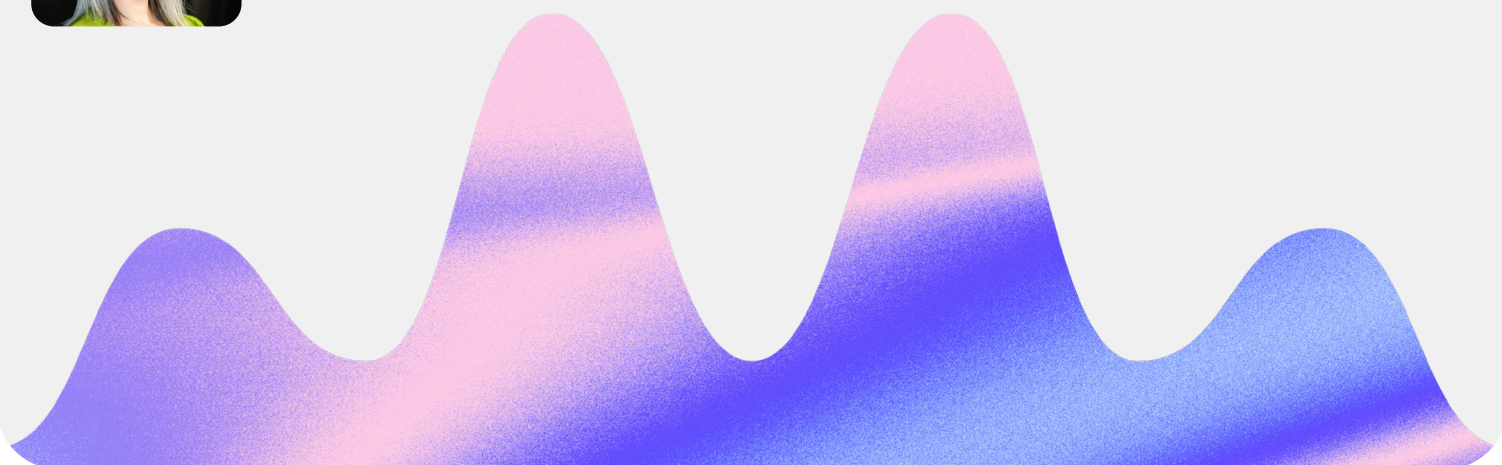
Racing thoughts. Sleepless nights. A sense of dread that's hard to explain. For many women, anxiety during perimenopause and menopause feels like it comes out of nowhere — but there's a real physiological reason for it. This expert session unpacks the hormonal drivers, the overlap with anxiety disorders, and the practical strategies that can help.



Dr Orla Conlon
Consultant Gynecologist &
Menopause specialist



Siobhan Murray
Founder of Twisting the Jar,
Burnout & Resilience Specialist



World Mental Health Day

 spectrum.life

Wednesday 7th October, 2026

Journaling and meditation workshop with Laurel Gosselin **Wednesday 7th October, 8am**

Step away from the day-to-day and come back to yourself. In this session, Laurel will guide you through a short meditation to settle the mind, followed by a simple journalling practice to help you reconnect with what matters most to you. You'll leave with a clear head, a calmer perspective, and a practical tool you can return to whenever you need it.



Laurel Gosselin
Yoga Instructor

You've Got a Friend in AI **Wednesday 7th October, 1:15pm**

AI is everywhere right now - in your inbox, your meetings, your to-do list. But is it actually making your life easier, or just louder?

On World Mental Health Day, we're getting practical. How to use AI tools to manage your workload, cut through the noise, and reclaim some headspace. And how Cara, whose name means friend in Irish, is there when work gets heavy, life feels hard, or you just need somewhere to start.



Andrew Macadam
Chief Product Officer at
Spectrum.Life



Leisha Redmond McGrath
Chartered Psychologist

eLearning:

Health Checks for a Longer Life

Learn which health screenings matter at different life stages and how early detection supports long-term wellbeing.

Guides

'How to' Tipsheet to download, view and share.

- Mental Health in the Digital Age
- Menopause and Mental Health: Managing Anxiety, Low Mood and Brain Fog During Menopause

How to access the Wellbeing Studio:

You will be able to see a full schedule of seminars on your Health and Wellbeing platform. Here you can view all seminars live or catch up on demand.

- Go to app.spectrum.life
- Sign in using your username (email) plus password or valid organisation code available from your HR team lead (if this is your first time accessing the platform).
- The top navigation will contain the Digital Studio with drop down for the Wellbeing Series.

