

Online Workplace Wellness

November Class Descriptions

This Month, Laura Farrington will be back taking the early Meditation and Chair Yoga sessions.

We have David Rooney back with two Creative Drawing Sessions, the Creative Drawing Session was one of the most popular and interactive of last month, so make sure you check it out!

We are excited to announce Live Cooking Demonstrations with Ciara Fennessy from Ciara's Kitchen. She will be cooking a healthy lunchtime menu so make sure you get your own ingredients and follow along! Let us know how you find it and we will get her back for some Christmas Special Meals and January Healthy eating!

Shane Walsh will be giving a talk on Mens Health as November is Prostate Awareness Month and Mens Health Day is November 19th. Anthony Kearny will be delivering a Mens Health Yoga Class. Both these sessions are on November 19th.

Financial Wellness

Mortgage Advice Designed Around You

- 4th November
10:00am

During this 45 minute presentation you will learn:

- How much you can borrow
- Which Lender you should borrow from
- How long you should borrow for
- Whether you should request a fixed or variable rate mortgage
- What other costs are associated with buying or moving
- If you have a mortgage, whether or not you should consider switching
- How you can save €1000's over the term of a mortgage



Creative Drawing Empowering Creativity

- 5th & 19th November
1:00pm

David breaks down a classic Dublin scene into 5 easy steps guiding you how to use the steps to create any impromptu sketch on your next coffee break. Whether are based beside a window or right in the thick of the city centre these tips get you ready to rock and start sketching. Forget the usual taking of snaps on your phone & Instawho filters to show a location. I want you to produce your own impression of wherever you are and share with your friends/co-workers. (Please bring a piece of paper and pencil to the session to explore your own creativity) And do bring coloured ones if you can (red, yellow, blue & 1 dark shade (dark blue, dark yellow , dark red) for example

Financial Wellness Managing your Financial Future

- 11th November
10:00am

This talk outlines the key aspects of saving and investing for your future.

- Managing Risk
- Investing Principles
- My pension do's and don'ts
- The property market
- Economic outlook
- Where to invest my money
- Avoiding excessive fees and charges
- Tips for savers



Live Cooking Class - Lunchtime Cooking with Ciara

- 12th November
12:30pm

Join Ciara in her live cooking demos, you can either watch & learn or cook along with her!

Choose one dish you like the sound of (or two) and cook virtually with Ciara. During the sessions you will learn how to cook a tasty dish and enjoy it right after the session!

The theme for this session is Winter Dinners.

Here is the menu:

- Vegan Keema Aloo
- Turkey Meatball Stroganoff with Tagliatelle
- Italian Chicken Tray bake with a Puy Lentil Salad

Make sure you are prepped! Check out the ingredients and instructions here
[Download Ingredients + Instructions](#)

Financial Wellness: The Mortgage Process - a better understanding

- 18th November
10:00am

Covering topics:

- v. Understanding how mortgages work
- vi. An introduction to the mortgage process
- vii. How do you buy your first home / move home?
- viii. The Help to Buy Scheme?

During this 45 minute presentation you will learn:

- A Greater understanding of how mortgages work
- An introduction to the mortgage process
- How do you actually buy your first home? – The process
- Thinking about moving home?
- What is the Help to Buy Scheme?
- What other costs are associated with buying or moving



Guest Speaker Shane Walsh Men's Mental Health Hacks

**- 19th November
10:00am**

Mental Health is important; however men are more inclined to ignore some aspects of looking after themselves mentally. It is more important than ever for the mental health taboo to be lifted and for men to commit themselves to concentrating on their own mental wellbeing.

Throughout this talk Shane Walsh will go through some practical tips which everyone can learn from. The topics will range from Mindfulness techniques, making you time, tips for lockdown and why talking can help.

Financial Wellness Managing a Stock Portfolio

**- 25th November
10:00am**

This talk gives you top tips and strategies, helping you manage your own stock portfolio.

- How to access the market
- Types of portfolio
- Trading versus investing
- Top ten tips to master
- Getting a macro view of the market
- Screening technology
- Sentiment analysis

