

IINHUB

Webinar Schedule

Jul

Guest Speaker Webinar

Gwen Bastian-Enright

Nutrition & Lifestyle Tips For Perimenopause (CPD)

July 3rd, 10am

Coaching Skills Webinar

Richard Burton

Education vs Advice when Coaching Clients

July 8th, 7pm

Monthly Q&A Session

Richard & Ciara

Live Q&A session (CPD)

July 30th, 7pm

Aug

Grow Your Business Webinar

Vicky Shilling

How to Use a Mailing List To Grow Your Health Business

Aug 7th, 10am

Nutrition & Lifestyle Webinar

Petra Fulham

An Introduction To Nutrition For Skin Health (CPD)

Aug 21st, 7pm

Monthly Q&A Session

Richard & Ciara

Live Q&A session

Aug 27th 7pm

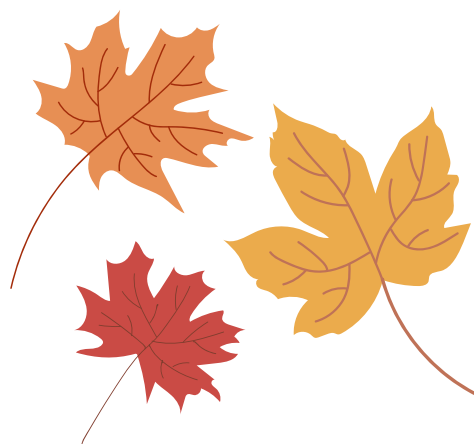
Sept

Self Care Session

Elisa Van Der Pol

Zen Within: Where Breath Begins

Sept 11th, 10am



Monthly Q&A Session

Ciara will be joined by Dr Christine Ritter to discuss Mental Health from a GPs perspective

Sept 24th, 7pm

**Timetable is are subject to change.*

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Webinar Schedule

Oct

Coaching Skills Webinar

Petra Fulham

An Intro to Trauma-Informed Practice
(NTOI CPD 1 pt)

Oct. 8th Tues, 7pm

Nutrition & Lifestyle Webinar

Helen Cassidy

Top Health Priorities in Menopause
(NTOI CPD 1pt)

Oct 17th Thurs, 7pm

Monthly Q&A Session

Ciara will be joined by Eilis
from:

Wild Atlantic to discuss
Omega and Vitamin D Home
Test Kits and Supplements

Oct 29th Tues, 7pm

Nov

Grow Your Business Webinar

Vicky Shilling

How to create your own high impact group
wellness programmes
(NTOI CPD 1 pt)

Nov. 15th Fri, 10am

Guest Speaker Webinar

Keith Duffy

Sobriety: A new recipe for wellness

Nov. 21st Thurs, 7pm

Monthly Q&A Session

Ciara will be joined by
Maggie to discuss Christmas
hacks when preparing food
for the festive season!

Nov. 26th Tues, 7pm

Dec



Self Care Session

Kara O'Donnell

Filling up your cup for a role
in serving others

Dec. 10th Tues. 10am



**Timetable is subject to change.*